



BENELUX LINK

January/February 2006

VALENTINES
WITH MWR!

USAG BENELUX



USAG BENELUX



2006 MWR CALENDAR

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U.S. Holidays SHAPE Holidays

Dutch Holidays: Sunday, 1 January - Monday, 17 April - Sunday, 30 April - Friday, 5 May - Thursday, 25 May - Sunday 4 and Monday 5, June - Monday, 25 and Tuesday 26 December.



Colonel Dean A. Nowowiejski
Commander, USAG BENELUX

Commander's Column

The January-February 2006 **Benelux Link**. Hmmmm.....themes for a New Year, and for the season. Wintertime, cold and grey, driving challenges. NFL playoffs and the Super Bowl, Valentine's Day, Black History Month. Some people are already thinking ahead to summer changes of job or station. Some are lobbying for those choice assignments. We still have friends and colleagues in harm's way. What to say that might be worthwhile to the communities at NATO HQ, SHAPE, JFC Brunssum, Rotterdam, Geilenkirchen, Rheindahlen, Munster, RAF Menwith Hill, or JAC Molesworth?

First, with a New Year comes time to reflect. Are you making the difference you intended to make at work, school, or home this year? Do you need to make an adjustment in order to be more healthy or happy? The pages of the **Link** are full of opportunity to change, to develop friendships and relationships, to try something new. Many of our community programs have plenty of room for new participants or for volunteers. If you have a need for personal or financial counseling, to overcome something that holds you back, to develop new friendships or be part of a new community-- the means are there. This is a good time to focus and reflect, and to achieve your personal goals. Our community resources are there to help you.

This time of year, with the grey and cold weather and rain, is a depressing one for many. There are personal steps to take if you suffer from Seasonal Affective Disorder, mainly having to do with adjusting the lighting where you are. Beyond that, seek out a friend, your Chaplain or minister, or the Family Life Consultants we have in each community for some friendly conversation that will help you overcome the sadness of this winter season. Probably the first step is to admit that you feel sad or down in the first place. In the end, we all want to work together for constructive, rather than destructive reactions to this season.

There will be many celebrations across our communities to remember Black History Month. In my personal experience, these are some of the best planned and best attended periodic celebrations that we have. I encourage you to learn what events are planned in your community. They serve to remind of us of a rich heritage that we share as Americans, and also to reflect on the legacy of our past and promise of our future.

Please continue to keep your thermostats turned down and lights turned off when not in use. As discussed in other forums, a ten percent savings in energy costs across the Benelux will result in tangible improvements to our communities as we spend the saved funds in constructive community improvements. Keep your vehicle tuned to the season as well by monitoring your tire pressure and tread depth, and insuring that you have plenty of washer fluid and serviceable windshield wipers. Those are your energy and safety reminders for this January-February edition of the **Benelux Link**.



CSM John M. Gaines
USAG BENELUX Command Sergeant Major



Lieutenant Colonel Richard S. Richardson
Commander, USAG Schinnen



Lieutenant Colonel Patrick J. Kilroy
Commander, USAG Brussels



Lieutenant Colonel John G. Romero
Commander, Chievres Garrison



David L. Lucia
Director, Morale, Welfare, and Recreation



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The USAG BENELUX publication, "BENELUX Link" is a bi-monthly community information source and an addition to the Meteor-Heraut for command-sponsored and leisure-time activities.

Any questions or comments about this magazine, please contact the DMWR Marketing Team at DSN 361-5904 or e-mail beneluxlink@benelux.army.mil.

For more USAG BENELUX information, please visit:

<http://www.usagbenelux.eur.army.mil>

There is no US government endorsement of any commercial sponsor.

Although the information in the issue is current at time of publication, activities and events are subject to change. Please contact the activity for confirmation.

The DMWR Marketing Team is located on Daumerie Caserne, Building #5.



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Brussels
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SHAPE/Chievres
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Valentine's beginnings revealed

Valentine's Day falls on February 14, and is the traditional day on which lovers in certain cultures let each other know about their love, commonly by sending Valentine's cards, which are often anonymous. The history of Valentine's Day can be traced back to an obscure Catholic Church feast day, said to be in honor of Saint Valentine. The day's associations with romantic love arrived after the High Middle Ages, during which the concept of romantic love was formulated.

The first recorded association of St. Valentine's Day with romantic love was in the 14th century in England and France, where February 14 was traditionally the day on which birds paired off to mate. This belief is mentioned in Geoffrey Chaucer's *Parlement of Foules* (1381) that

*for this was on seynt Volantynys day
Whan euery bryd comyth there to chese his mate.*

In the following century, one of John Lydgate's minor poems is "A balade made..in wyse of chesing loues at Saint Valentynes day" which indicates that the manner of choosing was drawing lots. By the 17th century a valentine was extended to the gift given, some pretty token. It was common during that era for lovers to exchange notes on this day and to call each other their "Valentines." It is probable that many of the legends about St. Valentine were invented during this period. Among the legends are ones that assert that: On the evening before St. Valentine was to be martyred for being a Christian, he passed a love note to his jailer's daughter which read, "From Your Valentine." During a ban on marriages of Roman soldiers by the Emperor Claudius II, St. Valentine secretly helped arrange marriages. In most versions of these legends, February 14 is the date associated with his martyrdom.

The day is now most closely associated with the mutual exchange of love notes in the form of "valentines." Modern Valentine symbols include the heart-shaped outline and the figure of the winged Cupid. Starting in the 19th century, the practice of hand writing notes has largely given way to the exchange of mass-produced greeting cards.



Vintage U.S.A. WWI Era Postcard.

The History of Black History Month

By Elissa Haney

We owe the celebration of Black History Month, and more importantly, the study of Black history, to Dr. Carter G. Woodson. Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age twenty. He graduated within two years and later went on to earn a Ph.D. from Harvard. The scholar was disturbed to find in his studies that history books largely ignored the black American population and when blacks did figure into the picture, it was generally in ways that reflected the inferior social position they were assigned at the time. Woodson, always one to act on his ambitions, decided to take on the challenge of writing Black Americans into the nation's history. He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected *Journal of Negro History*. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history. Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly influenced the black American population, Frederick Douglass and Abraham Lincoln. However, February has much more than Douglass and Lincoln to show for its significance in Black American history. For example:

February 23, 1868: W. E. B. DuBois, important civil rights leader and co-founder of the NAACP, was born.

February 3, 1870: The 15th Amendment was passed, granting blacks the right to vote.

February 25, 1870: The first black U.S. senator, Hiram R. Revels (1822-1901), took his oath of office.

February 12, 1909: The National Association for the Advancement of Colored People (NAACP) was founded by a group of concerned black and white citizens in New York City.

February 1, 1960: In what would become a civil-rights movement milestone, a group of black Greensboro, N.C., college students began a sit-in at a segregated Woolworth's lunch counter.

February 21, 1965: Malcolm X, the militant leader who promoted Black Nationalism, was shot to death by three Black Muslims.

ARMY COMMUNITY SERVICE

Bldg 39, Schinnen
DSN 360-7500; 046 443-7500
Outside Holland, call:
0031-46-443-7500
Open M-Fr 8 - 5 p.m.
You can contact ACS 24/7 at:
ACS-Schinnen@benelux.army.mil

Take advantage of these great opportunities to enrich your life. Call ACS today to sign-up and register for any of the following classes and programs.

Relocation Assistance Program

DSN 360-7512; CIV 046-443-7512

Newcomers Orientation Tour

Familiarize yourself with the Tri-border area by visiting military and civilian sites. We'll give you the information needed to ease your transition and lessen your stress. 2nd and 4th Friday of the month, 9 a.m. -3:30 p.m.

Sponsorship Training

Learn about becoming a sponsor for new people coming into the area. We offer a monthly class for soldiers and civilians who have been appointed to sponsor a newcomer. Jan 18 and Feb 15, 2 - 3:30 p.m.

International Spouses Orientation

Foreign born spouses coping with cultural differences and military life can receive support and assistance at this class. It's offered the last Wednesday of the month from 2 - 3 p.m. in the ACS Conference Room.

Family Advocacy Program (FAP)

DSN 360-7500; CIV 046 443-7500

Friday Family Film Night

Every Friday beginning at 6:30 p.m. at the AFNORTH Chapel, 3rd floor. We offer a free dinner followed by thought-provoking films to stimulate discussion among family members on topics such as parenting, relationships, and teenage issues. Call DSN 360-7367 to make a reservation.

FAP Prevention Education

Classes are free and on a first come first serve basis. Pre-registration is required.

ARMY COMMUNITY SERVICE**Get a Grip Series**

This series is designed for couples and students and is offered at two locations. For students, every Tuesday, 3:30 - 4:30 p.m. at AFNORTH International School. Students get credits for attendance. And in the evening for couples, every Tuesday from 6 - 8 p.m. at ACS.

Get a Grip on Building Relationships

This workshop is packed with techniques that can help people get along better with friends, family, teachers, employers and peers.

Get a Grip on Communicating

Participants will come to understand the importance of learning and using effective communication skills. Effective verbal and non-verbal communication will be explored.

Get a Grip on Anger

This is a hands-on workshop to deal constructively with anger. Learn strategies to help calm things down in your life.

Get a Grip on Teenage Stress

Discusses causes and methods of coping with the persistent onset of stress.

New Parent Education and Support Program (NPSP)

DSN 360-7335; 046 443-7335

Play Morning

This interactive and educational playgroup is designed to develop parenting skills and give parents and kids a chance to socialize. The group meets at the Schinnen Sports Center every Thursday from 9:30 - 11:30 a.m.

OB Orientation/Prenatal Education Class

Learn about cultural differences, giving birth overseas, and community resources. Class is held the first Tuesday of every month from 10 a.m. 'til noon in the Geilenkirchen Clinic Conference Room.

Breast-feeding Support

Dedicated to providing education, information, support, and encouragement to women who want to or are already breast-feeding. The group meets the 3rd Wednesday of every month, 10 - 11 a.m. in the Schinnen ACS, Conference Room.

ARMY COMMUNITY SERVICE**Heerlen Hospital Tour**

Visit the labor and delivery unit and meet with OB labor and delivery nurses. Transportation is provided. Please contact NPSP at 046 443-7335 to sign-up.

Employment Readiness

DSN 360-7269 CIV 046-443-7269

Finding Employment Workshop

Gain knowledge about job searching skills and where to find employment within the area. Workshop is held every Tuesday from 10 a.m. - noon. Please sign up with ACS.

Hands on Resume/Resumix Workshop

Learn how to create, store, and send a resume online, and how to apply for Federal Government jobs. Offered every Tuesday from 2 - 4 p.m. in the ACS Resource Lab.

Deployment and Mobilization Readiness

DSN 360-7500 CIV 046 443-7500

Webcams, VTC and Morale Phone Calls

In cases of deployment, TDY, PCS move, hospitalization or any other event that might separate you from your family and make you lonely or homesick, ACS now has free live webcams and VTC available. Use them when you want to share special moments such as a new baby, a graduation or birthday greetings. The service is offered daily, but only by appointment. So please call in advance.

**Coffee Hour/High Tea**

Families and friends of deployed soldiers get together in the Yellow Ribbon Room and enjoy conversation, coffee or tea and treats. Every second Wednesday of the month, 1:30 - 3 p.m.

ARMY COMMUNITY SERVICE Financial Readiness and Army Emergency Relief

DSN 360-7450 CIV 046 443-7450

Financial Readiness Classes

The class covers banking and credit union services, budget development, record keeping, debt liquidation, insurance, and more. Taught every third Wednesday of the month from 10 - 11:30 a.m.

Financial Focus

Two part class for first term soldiers. Part one covers check writing and record keeping. Part two is a financial readiness class for all junior enlisted. Get tips on how to stretch your dollars. Class is offered every second Wednesday of the month, 10 - 11:30 a.m.

One-On-One Financial Counseling (Off-Site)

Receive specialized help and support on subjects ranging from understanding your local utility bills to advice on your personal finances. Offered in the AFNORTH Battalion Conference Room, every 2nd and 3rd Wednesday of the month, 2 - 4 p.m. In the Rotterdam Community Center, we have experts available every 1st and 3rd Monday of the month, 2 - 4 p.m.

"The battles that count aren't the ones for gold medals. The struggles within yourself the invisible, inevitable battles inside all of us that's where it's at."

Jesse Owens (1913-1980)

Army Family Team Building (AFTB)

DSN 360-7464 CIV 046 443-7464

AFTB is a progressive training program designed to provide information and skills development to enhance personal and family readiness. The AFTB program offers a full spectrum of helpful courses.

Volunteers are needed! Help teach the training modules, provide on-site childcare, and perform administrative duties in support of AFTB.

ARMY COMMUNITY SERVICE



AFTB Classes offered in January/February

Level 1 Training

Introduction to Financial Readiness Groups, January 12, 1 - 3:45 p.m.

Level 2 Training

Personal Growth Class
January 19, 1 - 3:30 p.m.

Level 1 Training

Supporting Your Child's Education,
February 9, 1 - 4 p.m.

Level 2 Training

Time Management
February 16, 1 - 4:30 p.m.

Level 2 Training

Change Management
February 23, 1 - 4 p.m.

Army Volunteer Services

Come share your skills with the community. Get involved and help promote community well being. For Volunteer openings contact the Army Volunteer Corps Coordinator at DSN 360-7451 or 046 443-7451.

Army Family Action Plan (AFAP)

Have you ever thought, "If the Army would just ask me how to fix this, I could tell them!" Fortunately, the AFAP Program gives you the chance to do just that.

AFAP is one of the Army's principal programs that ensures the standards of living in the Army keep pace with our changing times. AFAP gives soldiers, retirees, DA civilians, and their families the opportunity to let Army leadership know what's working and what isn't. Issue drop boxes are now located at the Schinnen PX, ACS and the HQ Lobby.

Exceptional Family Member Program (EFMP)

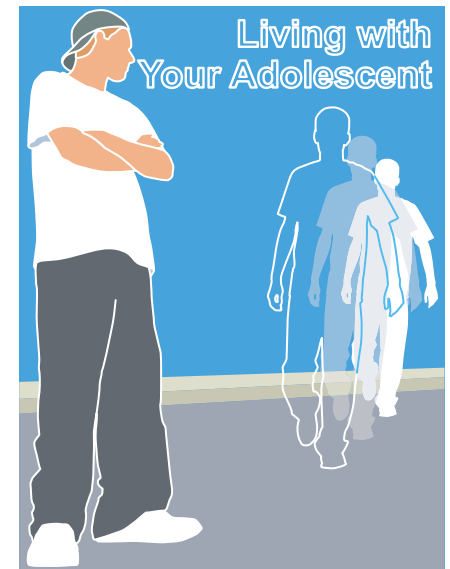
An exceptional family member is a family member (child or adult) with a physical, emotional, developmental, or intellectual disorder requiring special treatment, therapy, education, training, or counseling. In short, EFMP offers advocacy for family members with special needs. If you are already in the program and have not been contacted by ACS or would like more information, please call DSN 360-7371 or CIV 046-443-7371.

CHILD & YOUTH SERVICES

Programs are open to all U.S. and NATO ID card holders. All children and youth must be registered through Central Enrollment and Registration (CER) to use our services. A yearly registration fee is required. CER enrolls children in programs and maintains waiting lists when needed.

Parents Education Classes

For full details on the following classes, please call 045 563-6221.



Living with Your Adolescent

Lunch-time special with CYS staff at Brunssum SAS. Begins at noon on Thursday, 12 January.

Positive Discipline and Guidance for Toddlers and Preschoolers

Again, get together with CYS staff at the Brunssum SAS/CDC for a one hour session beginning at noon on Thursday, 9 February.

Central Enrollment and Registration (CER)

Treebeek Education Center
DSN 364-6221; CIV 045 563-6221
Open Mon-Fri 8 a.m. - 3 p.m. for walk-ins and 3 -5 p.m. for appointments only.
Closed US/NATO holidays. Email: cys.schinnen@benelux.army.mil

Family Child Care

Treebeek Education Center
DSN 364-6221; CIV 045 563-6221
Full day/extended/hourly care for infants up to 6th grade. Call for information on child care.

Family Child Care Providers are needed. Would you like to work at home taking care of children in your government leased quarters? Call today for an application and further information.

CHILD & YOUTH SERVICES**Child Development Center (CDC)**

JFC HQ Brunssum
DSN 364-2575; CIV 045 526-2575
Full day care for infants and kindergarten children. Part Day Preschool (3-5 year olds) on M/W/F or Tues/Thurs or M-F, from 9 a.m. to Noon. Hourly care also available with a reservation. Register at Central Enrollment.

School Age Services (SAS)

JFC HQ Brunssum,
DSN 364-3004
Before and after school care, 1st through 5th grade. Full day care on school out days. Hourly care is also available. Please call DSN 364-2575 for a reservation.

Youth Services (YS)

Bldg H603, JFC HQ Brunssum
DSN 364-3008; CIV 045 526-3008
Open M-F, 3:30 – 6 p.m. and 8 a.m. – 6 p.m. on school out days.

Technology Labs

YS and SAS have brand new technology labs. Come check-out all the new computer games like Rollercoaster, Tycoon II, Sims City IV, Tetris Works, and Flight Simulator.

Youth Sports

Registration for **Wrestling** is 2 through 18 January for ages 5 - 14 years old. The season runs from 1 February into mid-April. **Baseball** registration is 1 February through 11 March for ages 6 - 18. The season runs from 8 April through 24 June. For full details please call 045 563-6056 or CER in Treebeek at 045 563-6221.

School Liaison Services (SLO)

Treebeek Education Center
DSN 364-6141
School transitions, reduced price lunch program.

Job and Volunteer Opportunities at CYS

Program Assistants work with infants through high school. Salary is linked to training and experience. Free training is provided. **Volunteer Head Coaches** receive free and discounted sports enrollment for their children.

Volunteers are always welcome in our programs to hold a baby, play with a child, or teach a skill to a teen. Contact CER at DSN 364-6019 or 045 563-6019 for more information.

COMMUNITY RECREATION

In Recreation Plaza
Recreation Plaza features a Bowling Center, the Memories Lane Lounge, a Children's Play Center, the Pin Point Café, Harry's BBQ, and an adult Recreation Room.

**Schinnen BOWLING CENTER**

Bldg 40, Schinnen
DSN 360-7207
CIV 046 443-7207
Open: W-Sa 11 a.m. - 9 p.m.,
Su 11 a.m. - 6 p.m.
The Schinnen Bowling Center offers a 12-lane house with Cosmic Bowling, league bowling, and open bowling.

Unwind! Get together with friends in the Memories Lane Lounge every Friday at 4 p.m. during **Social Hour** and munch on some delicious free finger foods. Exciting **Cosmic Bowling**, follows Social Hour, getting underway every Friday at 6 p.m.

Bowl weekdays for \$1/game

every Weds through Friday
from 11 a.m. until 4 p.m.

9 Pin NO TAP Bowling returns
on Saturday 21 January at 6 p.m.

Join the fun and bowl on Saturday, 18 February in this year's first **Doubles Tournament**. After paying a \$20 entry fee, two person teams bowl three games for cash prizes.

Good Grades Bring Free Games! Kids, bring your latest school report cards and get a free game for each A or B. What a deal!!!!

COMMUNITY RECREATION**Harry's BBQ**

Schinnen Bowling Center
DSN 360-7527;
CIV 046 443-7257
Open Tues 11a.m. – 2p.m.
Weds 11 a.m.- 8p.m.,
Thurs - Friday 4 - 8 p.m.
Sa- 11a.m. – 6p.m.
Su- noon – 4p.m.

Pin Point Café

Schinnen Bowling Center
DSN 360-7527 CIV 046 443-7527
Open W-F 11 a.m.-8 p.m.,
Sa- 11 a.m.- 6 p.m.

Fitness & Sports

Bldg 38, Schinnen
DSN 360-7561; CIV 046 443-7561
Open M -F 6 a.m.- 8 p.m.,
Sat and Sun 9 a.m. - 5 p.m.

Body Relax

Offered every Thursday from 5 -6 p.m.

Spinning Classes

Every Friday from 11:30 a.m. until 12:15 p.m.
Be sure to ask about our other courses in circuit training, aerobics, racquetball, wall climbing, martial arts, and Tae bo.

MWR Trips & Tours

Schinnen Fitness Center
DSN 360-7561; CIV 046 443-7561
Take the worry out of travel and relax on any of these fun Winter outings. Trips are open to all US and NATO ID Cardholders.

Valentine's Day Weekend**Trip to Paris 10-12 February**

Travel with MWR Trips and Tours to the City of Lights and romance.

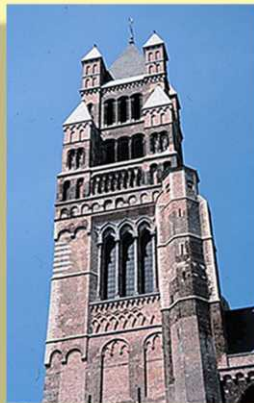
You'll be staying two nights at the beautiful 3-star Mercure in the center of Paris, just steps from the Notre Dame, the Louvre, and the Champs-Elysees. Price is \$199, including breakfast.

Day trip to **Bruges** Belgium



**\$32.50
per person**

**SAT
11 March
2006**



Price includes: Round trip on Luxury Motor Coach and a professionally guided tour. This trip is open to all U.S. & NATO ID card holders. Register with full payment by 4 March 2006.

Depart Schinnen at 7 a.m. Arrives in Bruges around 10 a.m. Departs Bruges at 6 p.m. and arrives back at Schinnen around 9 p.m.

Reserve your trip TODAY!



Tel: 046-443-7560 /DSN360-7560

MWR Trips & Tours
Day Trip to Bruges, Belgium
Saturday, 11 March

No other city in Europe gives quite the feel of medieval times as does Bruges. This is the perfect time of year, when all the tourists have gone, to capture that essence by wandering its quiet cobbled streets. Museums, breweries, the Lace Center, and boat trips through Bruges' labyrinth of canals make this a special outing. Includes a guided tour of the city, and all for just \$32.50 per person.

MWR Trips & Tours
Weekend in Vienna
Friday, 21 April – Monday, 24 April
 \$325 per person double with a \$90 single room supplement. Three overnights with breakfast to the City of Dreams. Vienna has it all with the splendor of its past coupled with today's vibrant cultural scene. Visit the KunstHausWien (Hundertwasser's work), ride the Riesenrad (the Ferris wheel in Orson Welles' *Third Man*), drink in the history of empire at one of Vienna's many coffee houses. The trip includes a city tour.

SatoTravel

SATO TRAVEL

Schinnen – Bldg. 4
 DSN 360-7385; 046 443-7482
 Open M-F, 8 a.m. – 5 p.m.
 SATO Travel is a full service travel agency for military, government, and personal travel. We offer services such as airline and train reservations as well as tickets and information on trips and tours. How about a cruise this summer?

TAX RELIEF OFFICE (VAT)

Schinnen – Bldg 39 next to the Community Bank.
 DSN 360-1780; 046 443-1780,
 Open M-F 8 a.m. – 4:30 p.m.

MOVIE THEATER/ALLIANCE

JFC HQ Brunssum
 DSN 364-2110; 045 526-2110
 Open Friday-Sunday
 Box Office Opens 6:30 p.m.
 Movie at 7 p.m.
 Saturday Matinee at 4 p.m.

LIBRARY

JFC HQ Brunssum
 DSN 364-2669; 045 526-2469
 Open T-W, 10 a.m. – 8 p.m.,
 Thurs-Fri, 10 a.m. – 6 p.m.
 Sa-Sunday, noon – 4 p.m.
 Our informative website is:
www.afnorthlibrary.benelux.army.mil

All young children are invited to join us for **Children's Story Time** every Tuesday morning at 9:30 a.m. in the JFC Brunssum Chapel, Room 219. Each week a volunteer from the Library will bring the pleasure of a few good stories in English and other local languages. It's free and open to those who want to share the fun in books with their children.



MWR/BOSS Office

Treebeek Education Center,
 Room 132
 DSN 364-6141 or 0455-63-6141

BOSS Meetings will be held 12 January and 9 February at 2 p.m. in the U.S. Delegation Bldg. on JFC HQ Brunssum.

Weekend Trip to VIENNA, AUSTRIA

MWR TRIPS & TOURS

Hundertwasser House Vienna

Friday 21 - Monday 24 April 2006

\$325 Per person on double occupancy (2 people per room)

Round trip royal class transportation.
 3 overnights with breakfast.

Depart Schinnen on Friday, 21 April at 4 a.m.
 Arrive in Vienna around 6 p.m.
 Depart Vienna on Monday, 24 April at 9 a.m.
 Arrive back to Schinnen around midnight.

For more information stop by the Schinnen Fitness Center
 or call **DSN 360-7560 / CIV 046-443-7560**

MWR
 FOR ALL OF YOUR LIFE

INDOOR SWIMMING POOL

Located next to the Arts & Crafts Center on JFC HQ Brunssum.
DSN 364-3172; 045 443-3172
Open T-Fr 4 - 7 p.m., and
Sa-Su noon - 4 p.m.
Enjoy the indoor pool or take advantage of a variety of classes to include scuba diving and water aerobics. Catered parties and special events are available for a fee, Fridays 7 - 9 p.m.
Weekends 4 - 6 p.m.
Adult Lap Swim, M-F, 7 - 8 a.m.
Public/Family Swim,
Tuesday-Friday, 3 - 6:30 p.m.
and weekends, noon - 4 p.m.

ARTS & CRAFTS CENTER

Bldg H607, JFC HQ Brunssum
DSN 364-2454 and
CIV 045 526-2454
Open Tu -Thurs, 10 a.m. - 5 p.m.
Weds 10 a.m. - 9:30 p.m. and
Sundays 1 - 5 p.m.
Call or drop by to reserve a spot in the following classes.
Class times and dates are generally flexible and are often selected based on an interest list.

Fine Art

Painting (oil, acrylic, egg tempera, water color) and drawing (pencil, pastel, chalk, charcoal). Every Thursday from 10 a.m. 'til noon.

Scrap Booking

Looking for some easy organizational ideas? Learn how to create an interesting album.

Basic Matting and Framing Workshop

You will learn how to frame your pictures, prints, artwork and collectibles. Instruction covers how to select molding and mat colors, and how to accurately measure and cut mats and glass. The workshop cost is 35 euros and is offered Wednesdays from 5:30 - 8:30 p.m.

Rubber Stamp Art, Stained Glass Course, Dry Brush Ceramic Painting

Call for times and dates.

Bobbin Lace Class

Lace made on a pillow with bobbins is a very old craft dating from Elizabeth I. Learn the history and the techniques from our experts. Call for times and dates.

**ARTS & CRAFTS CENTER
NEW to the Ceramic Shop**

To use the facility, you must complete this beginner ceramic pouring class offered Wednesdays. Gary instructs you on mold and tool use and cleaning techniques. Upon completion, you'll receive a firing number which allows you future access to the facility.

Basic Ceramic Painting Class

Sign up to learn three different painting styles. Please bring an item to paint in class.

Gem Tree Class

11 euros includes all materials and instruction on how to make a great gift.

CUSTOM FRAME CENTER

Bldg. H607, JFC HQ Brunssum
DSN 364-3821; CIV 045 526-3821
The Center has ready-made frames and mats in many sizes and styles for immediate pick-up. We will be happy to special order that perfect frame and help showcase your pictures, prints and posters. We also offer dry-mounting, laminating and shrink wrapping, and can suggest the best way to preserve and frame your treasures.

Assorted Posters for Sale

We have over 65 different standard size posters for sale in the Custom Frame Shop at just 5 euros each.

Book Binding and Linen and Leather Workshop

Sign up for three 3-hour workshops and learn the rare art of book binding. Finish two books, including materials, for 37 euros.
Wednesdays from 6 - 9 p.m.

Book Restoration Class

In this three hour class you'll discover the art of book restoration. Please come to the craft shop to see the beautiful examples.

Computerized Engraving

This is the perfect place for you to engrave plaques, signs, plates, outdoor signs, door plates or diplomas.

AUTO CRAFT SHOP

JFC Brunssum
DSN 364-3173; 045 526-3173
Hours: Tues 8 a.m. - 4 p.m.,
Weds 9a.m. - 5p.m.
Thurs noon - 8 p.m.
Fr-Sat 8:30a.m. - 4:30 p.m.

ROTTERDAM PROGRAMS AND ACTIVITIES**Director of Morale, Welfare and Recreation (DMWR) Office**

DSN 362-2420; CIV 010 459-2420
If you have any questions about the following activities, please contact our office.

Winter Sports Break

13 - 16 January
Our annual fun getaway to the slopes of Germany. Call DMWR for full details.

Silent Auction

6 - 10 February
8 a.m. until 2 p.m.
Everything from gift certificates to furniture to vases will go on the block. Have some fun and laughs bidding on a wide variety of items auctioned in the SDDS Building.

Valentine's Day Flowers

14 February
We'll be selling flowers in the MWR Building this year. Surprise a friend or loved one this Valentine's Day with a beautiful bouquet.

**Family Readiness Group (FRG)
MWR Coordinator**

DSN 362-2493; CIV 010 459-2493
Our Community Room is open 24 hours a day. Soldiers and families benefit from helping one another cope with the rigors of Army life. The FRG can be a shoulder to cry on or an ear to listen to your issues and your stories.

Arts & Crafts

DSN 362-2457; CIV 010 459-2457
Open M-F 10 a.m. - 4 p.m.
Winter and the best time of year to take advantage of our excellent facilities. We also offer a large selection of winter sports equipment rentals.

Library

DSN 362-2454; CIV 010 459-2454
Open M-F 10 a.m. - 6 p.m.
Closed 1 - 2 p.m. for lunch

HAL'S Lounge

Socialize with friends
Monday thru Thurs 2:30 - 8 p.m.
And Friday 4:30 - 10 p.m.
Don't miss our delicious
Pot Luck Dinner on Friday 10 February in the Lounge. Begins at 4 p.m

**Fitness Center, Weight Room,
Car Wash and Car Lift**

All facilities open 24 hours a day for your convenience..

New Parent Support a Big Help at Schinnnen

Elizabeth Foster RN, IBCLC

New Parent Education and Support Program - Home Visitor

Choctaw Management Services Enterprise - Contractor

US Army Garrison Schinnen - Netherlands

Cari arrived at the labor and delivery unit of Heerlen Hospital at 8:05 p.m. She had been laboring most of the day walking the streets of Maastricht. At 8:11p.m. her beautiful little girl, Haylee arrived. The birth was unusually fast and there was no time for an epidural. Cari states that in the end she was glad to go "Dutch". This meant giving birth without medication. She received very good care from her Dutch English speaking nurses. Her stay was one night at the hospital, even though she had an option of staying a couple days, and she was home in bed by 2 p.m. Her two year old son, Gavin, was being cared for by a friend and was very excited to meet his new little sister. Cari began nursing Haylee right away. She feels grateful to Elizabeth, her New Parent Education and Support Program (NPESP) home visitor, with whom she had received visits from prior to and after she gave birth. Elizabeth had provided Cari with information about breastfeeding and what to expect when giving birth in a foreign hospital. Although this was Cari's second child, breastfeeding had not gone well the first time around. She felt the information she received from Elizabeth helped her to be successful in nursing her little girl. Not only did the home visitor help educate Cari, she also provided her with someone she could turn to with questions or just to talk to.

Settling into life in another country can be exciting, but add pregnancy or young children to the mix and things can become overwhelming. The loss of family and friend support systems can sometimes be the most difficult part. It takes time to meet new people and develop friendships. Some people are hesitant to get to know their new area of residence and tend to isolate themselves. There may be a solution to feeling like this, the NPESP. This program was designed not only to provide education to parents, but also to provide a support network. Services are delivered by competent professionals who are experienced in recognizing the struggles in which families go through when dealing with pregnancy and young children. Home visitations allow for the development of a strong bond with families, not only helping them build self-confidence, but also recognizing when referral to other sources is needed. Activities provided by the NPESP also lend to increasing parental education and aid families to build their own support systems.



ARMY COMMUNITY SERVICE Information and Referral Program DSN 368-9783 CIV 02 717-9783 Open M-F 8 a.m.-5 p.m.

ACS, Bldg 4, top floor

Have your questions answered; pick up community event flyers, program tri-fold brochures, and free copies of the Benelux Link magazine, Meteor-Heraut newspaper, and Connection magazine; receive information on various types of Brussel agencies; process Makro cards; and sign-up for classes! The ACS Reception/In-take desk is located in front of the elevators.

Website: www.brusselslife.be

Available in English or French and provides visitors with leisure-time info on restaurants, language schools, cultural events, local customs, sport clubs and children's activities.

Relocation Readiness

Bldg 4 top floor, Rm 302
DSN 368-9729 CIV 02 717-9729

Sponsorship Training

If you need some tips on how to become a "know what to do sponsor," if you need training in order to better accomplish your sponsorship duties, you can either call ACS and ask for a one-on-one training or be trained online by going on the S-Gate.

Sponsor Training Website at:
<https://www.sponsor-training.hqusaureur.army.mil>.

This site provides training for first time sponsors, as well as good resources for trained sponsors.

Moving & Stress

Does moving increase your level of stress? Do you want to learn how to make your life easier when faced with a move? Join us for a workshop on awareness and coping techniques, on **Wednesday, 25 January 06 from 1-2 p.m.** in the USAG-Brussels, Bldg 4, top floor, conference room. Call ACS to register at 02 717-9783.

ARMY COMMUNITY SERVICE



Metro Madness Outing

The easiest way to travel around the Brussels Capital Region is to use the public transport system, so attend the next **Metro Madness** classes on January 27 or February 24 from 9:30 a.m. to 2:30 p.m. This most popular class is followed by an exploratory trip, and will assist you to become acquainted with the Tram, the Pre-Metro, and the Bus. Meeting place is ACS at NSA, Bldg 4, top floor, at 9:25 a.m. Limited to 10 people, so please call 02 717-9783 to register.

2 Day ACAP Becomes 4 Day TAP

The Army Career & Alumni Program (ACAP) is over, now replaced by the Transition Assistance Program (TAP). TAP is open to all military members, their spouses, and civilians contemplating leaving government service. The program includes a pre-separation briefing and a career transition workshop. Review the benefits and services available to military service members and their families as they leave the service. Topics are: Survivors Benefits, Tri-care, Pre-Separation Counseling, Retiree Affairs, Introduction/Personal Appraisal, Career Exploration, Veteran's Administration Briefing, Strategies for an Effective Job Search, Interviewing, and much more...

ARMY COMMUNITY SERVICE

Newcomer's Briefing

Are you newly assigned to Brussels? Our 3-day workshops will ensure a smoother transition for new arrivals. The Newcomers' Briefings are offered quarterly and the next one we have scheduled is on January 24-25-26, 2006.

On Day One from 8:45 a.m. to 2:30 p.m. at NSA, Building 4, Conference Room, key agencies will present a brief overview of their programs and answer your questions. **On Day Two** from 9:30 a.m. to noon, the NATO Health Clinic patient liaison coordinator will provide a tour of the Leuven Gasthuisberg Hospital (meeting point is ACS, Building 4 at 9:25 a.m.) and ACS will give you general information about Belgium.

On Day Three from 9:30 a.m. to 11 a.m., the Director of the Delhaize in Kraainem will familiarize you with a local food store. If you are interested and would like to sign-up for one of these workshops, please call ACS.

Employment, Deployment and Mobilization Readiness

Bldg 4 top floor, Rm 326
DSN 368-9735 CIV 02 717-9735

Long Distance Good Wishes

As you know, in cases of deployment, TDY, PCS move, hospitalization, or any other event that can keep you separated from your family and make you feel lonely or homesick, ACS offers you access to its webcams, free of charge, but please call in advance. When you want to share special moments such as a new baby, a birthday, or a graduation, we are also here to support you. And especially now that we have entered a new year, if you'd like to share your "good resolutions for 2006" with your loved ones back at home, do not hesitate to call at 02717-9783 to make an appointment.

Webcams available at ACS

In case of deployment, TDY, PCS move, hospitalization, or any other event that can keep you separated from your family and make you feel lonely or homesick... ACS offers now free webcams to use when you want to share special moments such as a new baby, a graduation, or birthday greetings. This service is free of charge but only by appointment, so please call 02 717-9783 in advance.

BRUSSELS 5-DAY WEATHER FORECAST

The Air Force's 21st Operational Weather Squadron now provides a five-day weather forecast service for Brussels. Here is their website for those of you wishing to add this to your personal favorites!

<http://ows.public.sembach.af.mil>

ARMY COMMUNITY SERVICE

Job Announcement Board

The ACS Employment Readiness Program maintains a list of job offers in the region. Vacancies are posted on the Job Announcement Board, which is located next to the ACS Employment Readiness Manager's Office. For more information or to obtain application forms and other useful handouts, contact ACS today.

Free Computer Classes at ACS

Join ACS in the Community Computer Lab for free workshops that will keep you up to speed in this computer age. Audience is limited to Tri-Mission family members (with ID card) actively seeking employment.

All classes are held from 9 a.m. - 1 p.m.

MS Word: M, Feb 6

MS Excel: T, Feb 7

MS PowerPoint/Outlook: W, Feb 8

MS Access: Th, Feb 9

To register call ACS at 02 717-9783.

Soldier & Family Readiness (FAP/EPC/EFMP)

Bldg 4 top floor, Rm 323
DSN 368-9693 CIV 02 717-9693

SEXUAL ASSAULT RESPONSE PROGRAM INFORMATION TO KEEP IN MIND

"What should I do if I have been sexually assaulted?" First, get to a safe place. Then for emergency medical care, go to a Healthcare Facility or call for an ambulance at DSN 423-3333. Preserve evidence - Do not shower, bathe, or change clothes. Phone the Brussels MP at DSN 368-9769 or CIV 02 717-9769 for Unrestricted Reporting. Contact your Sexual Assault Response Coordinator (SARC) in Brussels at the following cell phone number: **0472 901-068**, your Unit Victim Advocate (UVA), or the Chaplain for Restricted Reporting.

Unrestricted Reporting involves Law Enforcement.

Restricted Reporting should not involve Law Enforcement.

Did I Have The Right To Say No?

You had the right to say NO!

Even if you:

Said yes & changed your mind.

Had been kissing/making out.

Had sex with that person.

Had been drinking alcohol.

Are engaged to that person.

DID YOU KNOW THAT IN BRUSSELS, AFAP...

is not only for the Army but open to all branches of services, despite its official name (*Army Family Action Plan*); not only for the Military, but also open to Civilians. There is no rank that matters in this democratic forum; not only for the USAG (NSA) personnel, but open to anyone affiliated with the Tri-Mission, including Canadians; not only for adults, but also open to the Youth who can share their concerns and ideas through a Teen Panel; not only a 2-day Forum with a "one-shot" effect but a year-round Program with stages, progress, and outcomes.

AFAP is run by the Army Community Service with the volunteer help of elected Delegates, Staff, and Agency Heads; it's the way to continually improve your quality of life by helping us adjust the programs and services to the needs of your family and to the challenges of this specific location.

Monitored by a Steering Committee which meets quarterly to keep track of the issue resolution process, Brussels AFAP is followed up by the USAG-Benelux, AFAP and its Steering Committee. The issues not solved locally are forwarded for resolution at a higher level; so this is the very first level of a grassroots process which goes all the way up to Department of the Army and US Congress. This Army-wide program held around the world starts with you.

Finally, AFAP is publicized in the media so all the community members have access to the responses to their issues... and it is also the acronym for the program's motto: "As Far As Possible!" Contact the Brussels Community AFAP Coordinator for details to take part in the program.

"As Far As Possible" with AFAP!

The *Annual Brussels Tri-Mission Community AFAP Forum* (Army Family Action Plan) will be held **on Tuesday, March 14 and Wednesday, March 15** from 8:30 a.m.-4:30 p.m. at USAG-Brussels. The AFAP Forum gives you a voice and an opportunity to improve the quality of life in your community. The AFAP Forum is open to everyone: for the military as well as civilians, retirees, adults and teens. Want to get involved as Community Delegate, Workgroup Staff, Conference Assistant, Subject Matter Expert, or Process Observer? Call AFAP today at DSN 368-9643, CIV 02 717-9643.

Upcoming AFAP Deadlines

Do you have an issue concerning the Brussels community and your quality of life and a suggestion on how to improve it? Complete and drop off an issue form in one of the AFAP blue boxes located throughout the community. Issue Submission Deadline is Wednesday 15 February! The 15th is also the AFAP Delegate Registration Deadline. FRTI Staff Training (must be pre-registered) is offered March 1 either from 11:30 a.m.-1:30 p.m. or 6-8 p.m. Delegate Training (must be pre-registered) will be March 8 from either 11:30 a.m.-1:30 p.m. or 6-8 p.m. For all details, e-mail Isabelle.Gillet@benelux.army.mil.

Army Family Team Building (AFTB)

A volunteer organization which provides training and knowledge to spouses and family members of active duty military personnel to support the total Army effort. AFTB's mission is to educate and train all of the community who are interested in learning more about the Army lifestyle. Advance sign-up is required at DSN 368-9783. Free limited childcare is provided to participants and volunteers.

Emergency Placement Care (EPC) Program

ACS is looking for providers for the Emergency Placement Care Program. Help support the Brussels American Community by providing children in crisis with a safe and caring environment. Certification and training are provided and costs are reimbursed. For more information about this short-term intervention program, please contact the NSA, ACS Soldier and Family Readiness Program Manager at 02 717-9693 or 02 717-9783.

NEW!

SHAPE Cash Cage Hours
M-F 9-4 p.m.

BFO Emergency After Hours
Cell Phone Number:
047 876-8772

ARMY COMMUNITY SERVICE

Army Volunteer Corps (AVC)

Bldg 4 top floor, Rm 306
DSN 368-9679 CIV 02 717-9679

Volunteering at APO

The post office is always on the lookout for volunteers especially during the upcoming holiday season. If you are interested in volunteering, please stop by and talk to your APO Postmaster or see the USAG-Brussels Volunteer Coordinator, and then come on down and give us a hand.

Financial Readiness

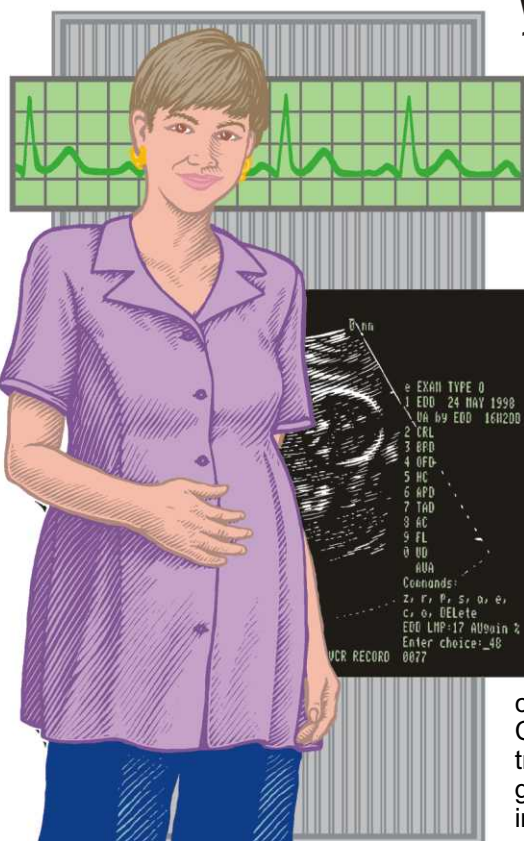
Bldg 4 top floor, Rm 325
DSN 368-9698 CIV 02 717-9698

AER - Army Emergency Relief

For military families and service members experiencing an emergency and needing additional funds, AER may be able to help. This private, non-profit organization can provide interest free loans. If long-term financial hardship exists, sometimes grants are available to assist service members with certain situations. ACS coordinates the AER program at Brussels. Visit the AER website at www.aerhq.org.

New Parent Education & Support Program (NPESP)

Bldg 2, Rm 256, Chapel area
DSN 368-9684 CIV 02 717-9684



ARMY COMMUNITY SERVICE

Pre-Natal Classes

The New Parent Education and Support Program provides ongoing prenatal classes. If you are expecting a baby, or if you have questions about having a baby in Belgium, sign up for this! Among the topics we cover, are: Having a Baby in Belgium, Stages of Labor, Interventions, Labor Signs, Epidural, Relaxation Techniques, Men's Role, and much more. The next series of classes is planned for January 25 and February 1, 8, 15, from 6-8 p.m. In the Fellowship Hall, Chapel area, Bldg 2. Please sign up in advance.

Infant CPR and First Aid

Are you prepared to save your infant/child's life? Not sure how to avoid children's injuries inside and outside your home, or even how to handle an emergency? Learn CPR, rescue breathing techniques and basic first aid treatment for children under 8 years of age on February 13 and March 13, from 10 a.m.-noon in the Fellowship Hall, Chapel area, Bldg 2. Advance sign-up with ACS is required.

THE PARENTING CHALLENGE: SUPPORT AND DISCIPLINE

Parenting effectively requires skill. It involves being supportive, setting limits and establishing consequences. Learn about positive methods of discipline and how to listen and be supportive when your child needs your help.

Wednesday, 11 January 2006

11 a.m.-noon in the USAG-Brussels Bldg 4, top floor, conference room. Advance sign-up with ACS at 02 717-9783.

CHILD AND YOUTH SERVICES CENTRAL REGISTRATION

**Open Mondays, Tuesdays,
Wednesdays and Fridays
9:30 a.m.-5 p.m., Thursdays
from 2 p.m.-5 p.m. (Please note
the new dates/times).**

Registration for SAS and Middle School/Teen after school programs is ongoing at the Youth Center. For more information about available programs, contact the USAG-Brussels, CYS Staff at 02 717-9651.

Youth Sponsorship

If you or someone you know is transitioning into or out of the Brussels community, be sure to check out the CYS, Newcomers Club. Our goal is to help smooth the transition process for children in grades K-12. For additional information about this program, contact by phone at 02 717-9670.

CHILD AND YOUTH SERVICES

Infant Massage

With this nurturing touch class, discover the ways in which baby massage can benefit both you and your baby. Learn how to use soothing massage to aid sleep and restlessness...Also a great way for you and your baby to relax and have fun together! Next classes will be offered on February 6, then March 6, from 11 a.m.-noon in the Fellowship Hall, Chapel area, Bldg 2. Call ACS at 02 717-9783 to sign-up.

Toddler Playgroup Holiday Schedule

The most popular *New Parent Education & Support* program **will resume Tuesday, January 10, 2006**. Playgroup is every Tuesday and Friday from 10 a.m. to noon at the Performing Arts Center, Bldg 4, ground floor. No sign-up required. Come have some fun with your kids and meet other parents! For more information, call 02 717-9684 or stop by her office located in USAG-Brussels Bldg 2, across from the Chapel nursery.

All Aboard For The Teen Center!

Students 11 years and up (6th grade and above) with a valid US ID card can ride the shuttle bus Monday-Friday (when school is in session), **departing BAS at 3:10 p.m.** With destination USAG-Brussels CYS! Call 02 717-9651 for more information.

Youth Sports Program

Youth Services offers many great sports for your children to participate in, including basketball, flag football, soccer and softball. Contact YS at DSN 368-9649 CIV 02 717-9649 for information on available programs.

AIKIDO LESSONS provide an outlet for physical energy and develops coordination and control. The discipline increases confidence and self mastery. Registered CYS patrons in grade K-12 are eligible to take instruction from a 5th degree black belt master. The classes meet from **4:30-5:30 p.m. on Thursdays.**

KEYSTONE CLUB is currently not in operation... **We need a teen to help us organize this club for grades 9-12.** What about taking up the challenge? If you would like to volunteer, stop by and see the CYS Director!

CHILD AND YOUTH SERVICES BRUSSELS TORCH CLUB

Interested in planning the Center activities, dances and trips? If you are in grades 6-8, you can make a difference! The Torch Club helps you to build your leadership and community service skills. Come to the weekly meetings at CYS on **the first Friday and third Thursday of the month** in the Teen Center meeting room. Call 02 717-9651. If you would like more information!

SCHOOL AGE SERVICES (SAS) & MIDDLE SCHOOL TEEN (MST) CENTER

The SAS and MST centers provides a fun and learning environment for youth in grades K-12. Clubs include 4-H Cooking, 4-H Art, 4-H Technology, 4-H Pet Club, Boys & Girls Clubs Power Hour and Homework assistance, and more. A nutritious snack is provided daily after school. Leadership clubs are available at both centers. So come on, join us!

EDUCATION CENTER

Bldg 1, USAG Brussels
DSN 368-9704 CIV 02 717-9704

TESTING AT THE EDUCATION CENTER

Back by popular demand! CLEP, DANTES, ECE and other selected tests. Advance registration is necessary and a minimum of three examinees is required. To register for the next testing period, call 02 717-9704.

Important reminder: Civilians registered for tests should bring either their Passport, DoD Civilian ID, and/or Family Member DoD ID. If you do not have any of these three IDs, then please note two forms of identification are required.

Student Consultation

The first Friday each month representatives of the Education Center are available for consultation at the U.S. Embassy Brussels Community Liaison Office from 12-2 p.m. as service to Tri-Mission personnel. Next student consultations will be January 6.

EDUCATION CENTER

Coming up in February
Please call the Education Center in advance for confirmation of all dates, times, and locations of the following events:

February 3: The first Friday of each month, representatives of the Education Center are available for consultation at the U.S. Embassy Brussels, Community Liaison Office, from noon-2 p.m. as service to the Tri-Mission personnel.

February 1 and 15 (Alternate Wednesdays):

Beginning at 8:30 a.m. with prior registration (one week in advance) the SHAPE Testing Officer will administer **CLEP, DANTES, ECE**, and other selected tests. These sessions are on an as required/demand basis; a minimum of 3 examinees is required. Testing at SHAPE is possible at other times.

January 30 - February 10: Headstart French Language Orientation Course, M-F,

9:30 a.m.-12:30 p.m. at the Education Center. No charge, open to all in the community. Advance sign-up required.

February 13-24: Headstart Dutch Language Orientation Course.

Meets at the Education Center M-F, 9 a.m.-noon. Free of charge, all community members welcome.

February 20-24 ADVANCED SKILLS EDUCATION PROGRAM COURSE (ASEP)

8:30 a.m. - 12:30 p.m.,
Dr. Tony Carmone will teach
MTHR 1175: Career Management.
Tuition free, one college-level credit
awarded for successful completion.

LIBRARY

Bldg 4, USAG Brussels
DSN 368-9791 CIV 02 717-9791
Open Tu-Th 10 a.m.-6 p.m.
F Noon-7p.m., Sa 11 a.m.-5 p.m.
Su Noon-5 p.m.
Closed Mondays and Holidays

Ongoing Pre-school Story Hour

Please note that our ongoing Story Hour is now offered from 11 a.m. until noon every Wednesday. Please join Miss Charlotte at the USAG-Brussels Library in Bldg 4 on Wednesday mornings to listen, learn, and share the world of books and reading! The age range is 3-5 years old. However if your child is not yet three, he or she may "audition" for a place on the reading rug... Please register your children with the Library staff in advance at 02 717-9791.



Homework Club

Held at the Library, this club helps students with their homework in a quiet environment. It is a joint club between the Library and CYS. If you're in Grades K-6th and want to be part of a smart team, join us on **Tuesdays and Thursdays** from 4-5:30 p.m. at the USAG Library in Bldg 4!

OUTDOOR RECREATION

Bldg 4, Rm 303
DSN 368-9775 CIV 02 717-9775

A New Bus For Our MWR Trips!

The USAG-Brussels Outdoor Recreation Program is proud to present you a new luxury touring coach: a 50-seater Setra-Mercedes bus fully equipped with reading lights, curtains, luggage rack, safety belts, water flush toilet, refrigerator, video, CD player, cassette recorder, and air conditioning. No excuses left - come one, come all!

EDUCATION CENTER EVENTS FOR JANUARY 2006

- January 2-13:** Registration for Term 3! Tuition assistance forms are available at the Education Center.
- January 5:** Please note the Brussels Ed Center will be closed from 8 a.m.-12:30 p.m. for staff call at SHAPE Ed Center.
- January 17:** UMUC Term 3 begins.
- January 18:** Beginning at 8:30 a.m. with prior registration (one week in advance), the SHAPE Testing Officer will administer CLEP, DANTES, ECE, and other selected tests. These sessions are on an as required/demand basis; a minimum of 3 examinees is required. Testing at SHAPE is also possible at other times.
- (ALT WED)

SPORTS & FITNESS CENTERS

Bldg 3, USAG Brussels
DSN 368-9667 CIV 02 717-9667

Personal Fitness Program

If your goal is to tone, lose fat, improve your health condition, train for a race or a special sport, don't wait any longer. Set realistic goals with your Sports Specialist. Call for a one-on-one personal fitness training program.

Low Impact Aerobics Classes

Free and held every Monday, Wednesday and Friday from 5:30 - 6:30 p.m. in the Sports & Fitness Center. For more info call 02 717-9500.

Run for Your Life Program

Designed to encourage fitness through running. Participants run at their own pace on their own time-line and log their miles with the Fitness Center. Patches are provided to participants who meet the 100, 200, 300, 400, 500, 750, and 1000 mile markers. Individuals must be at least 18 years to participate.

MEDEX Training

Never done any fitness? Never used weight equipment? This is for you! Contact the Sports & Fitness Center to schedule an appointment for a one-on-one introductory training.

Fitness Center Operating Hours

The Fitness Center is open Monday thru Friday from 5 a.m. to 8 p.m., Saturday and Sunday from 9 a.m. to 4 p.m., and from 5 a.m. to noon on holidays.

Intramural Basketball 2006

January 23 thru March 24, Mondays and Wednesdays. Registration is possible until January 13. Mandatory coaches (or team representative) meeting is at 12:30 p.m. on January 18 at the Sports and Fitness Center. Please fill out the Team Roster form available from the Brussels website and send back to:
vincent.arnould@benelux.army.mil
or sign-up your team directly at the Fitness Center. For more details, call 02 717-9667.

MULTI CRAFT CENTER

Bldg 2, USAG Brussels
DSN 368-9629 CIV 02 717-9629
Open W/Th 2-9 p.m.
F 10 a.m.-1 p.m. and
Sa/Su 10 a.m.-6 p.m.
Closed Mondays and Tuesdays

The Multi Crafts Center offers a wide variety of services, instruction, gifts and craft materials for sale. Located on the first floor of Bldg 1, we offer group courses, individual classes for adults and children, framing and engraving services, as well as a stock of local and handmade gifts at excellent prices. Stop in to browse our collection of glassware, pewter, framed and unframed prints and ceramics works or to find out about upcoming classes. Sign-up for a Family Ceramics Class and save 10% for each family member!

Children's Arts and Crafts Birthday Party!

Schedule a Birthday Party Class and rent the Multi-purpose Craft Room for your cake and ice cream for only \$10.00 for the day. The maximum children for the party is ten.

Basket Weaving

Learn to make beautiful gifts for someone special or decorative pieces for your home.

"From the Heart" Basket

Jan 25, 6-9 p.m

Woven Circle Basket

Feb 22, 6-9 p.m.

MAILING PRICE INCREASE

Effective 8 January 2006,
the price of postage is
going up!

Postcard stamps will be \$.25
instead of \$.23.

First Class letters will be \$.39
instead of \$.37.

The price increase is \$.02.

Stop by the Brussels post
office and pick up your
\$.02 stamps. The new \$.25
and \$.39 stamps should be
available in the Spring.

MAILING PRICE INCREASE**Scrapbook Club**

Already a scrapbooker? Join us on Tuesday nights. Tools and idea books available plus inspiration from club members! Cost is \$15 plus materials for class. Cost to join the club is \$5.

MULTI CRAFT CENTER**Scrap Booking Class**

Offered on Tuesdays Jan 10-Jan 24 and Feb 7- Feb 21 from 6-9 p.m. The Instructor will have materials for purchase as well as take orders for Creative Memories scrapbooking items. Bring in your own photos to make your first page with the instructor.

CERAMIC SHOP

Open Saturdays from 10 a.m.-5 p.m.

Children's Basic Ceramics

A fee of \$20 includes instruction, use of in-house slip, tools and paints. This is an opportunity not to be missed! Please call to schedule an appointment.

Adult Basic Ceramics

For a fee of \$30 receive ceramic instruction, a two gallon box of slip, in-house tools and paints. Please call the center to schedule an appointment.

WOOD SHOP

Located at the Multi-Craft Center. Open Wednesdays by appointment only, and Saturdays and Sundays from 10 a.m.-6 p.m.

**Wood Shop Power Tool Orientation**

Sign up for the wood shop safety instruction and power tool instruction class. This class must be completed before using the Wood Shop. Classes are \$11 and scheduled on Wednesdays from 2-6 p.m.

After the class, you may use the wood shop facility at a small charge of \$4/hr. Please call the center to make an appointment before heading to the shop.

MULTI CRAFT CENTER**Do-It-Yourself Framing**

Classes are held every Thursday from 2-5 p.m. and from 6-9 p.m. Cost for class including materials, backboard, glass and instructor's time is \$30.

AUTO CRAFT CENTER

Bldg 1, USAG Brussels
DSN 368-9743 CIV 02 717-9743
Open W and Th 10 a.m.-2 p.m. and 4-8 p.m., F 8:30 a.m.-5 p.m., and Sa/Su 10 a.m.-6 p.m..
Closed Mondays, Tuesdays and Holidays

Automotive Classes for Dummies

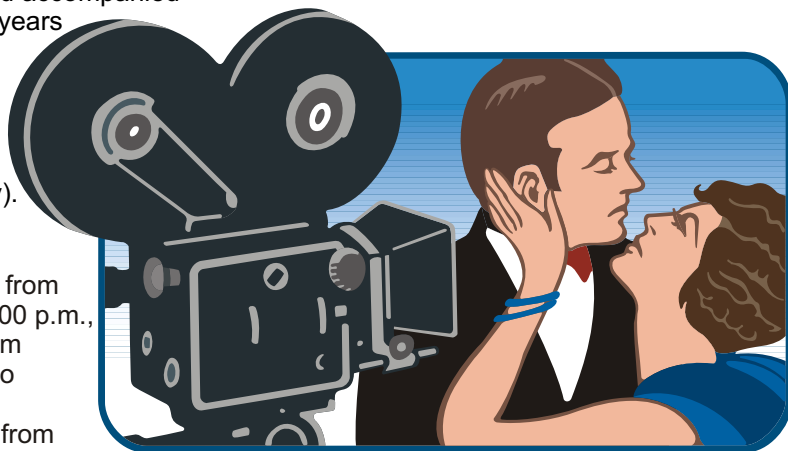
Classes are held Jan 11, Jan 25, Feb 8, and Feb 22 from 7-9 p.m. The classes are designed to show you general maintenance and dynamics of your vehicle and cost \$25. Advance sign-up required.

THREE STAR LOUNGE

Bldg 1, USAG Brussels
DSN 368-9732 CIV 02 717-9732
Open Th 7 p.m.-Midnight
F 5 p.m.-1 a.m., Sa 7 p.m.-1 a.m.
Open to all Tri-Mission ID card holders and accompanied guests 18 years and older (minors are permitted on family nights only).

Hours:

Thursdays from 5:00 to 11:00 p.m.,
Fridays from 5:00 p.m. to 1:00 a.m.,
Saturdays from 7:00 p.m. to 1:00 a.m.,
and Sundays from 7:00 to 11:00 p.m.
Minors are welcome during most activities when supervised by a parent or adult 18 years or older.

**THREE STAR LOUNGE****Family Nights**

Spend quality time together at the Three Star Lounge January 10, 14 also February 7 and 11 from 7-9 p.m.

Movie Nights

Want some good popcorn and a great movie? Join us every Thursday and don't be late... Movie starts at 7 p.m.

Karaoke Nights

Become a star on January 14 and 20 and February 11 and 17 from 9-12 p.m.

Darts Nights

Join us on January 6 and February 3 from 9-12 p.m.

THREE STAR LOUNGE**Football Sunday**

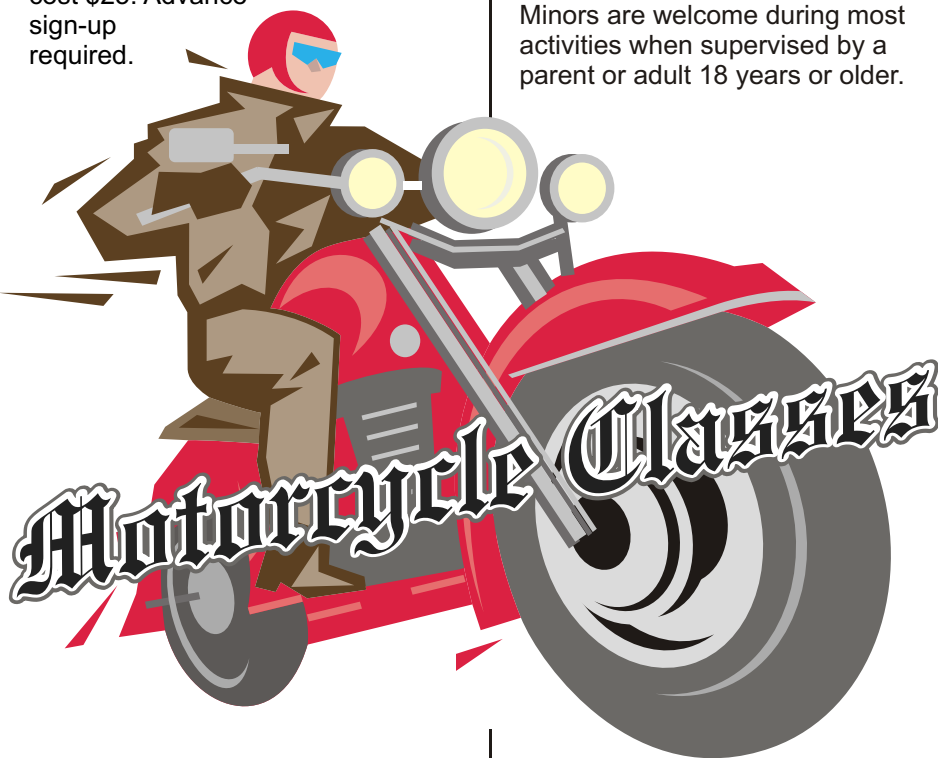
Watch the game on our big screen TV every Sunday at 7 p.m.
The perfect place for Super Bowl Sunday!

Pool Tournament

January 20 and February 17 from 9 p.m.-Midnight

Friday Right Arm Nights

Supervisors, come and show your staff how much you appreciate them! Every first Friday of the month at 5 p.m. Next Right Arm Nights are on January 6 and February 3.

**Motorcycle Automotive Classes**

Class is held every Wednesday from 7-9 p.m. Cost for a six week course which is 'made to order' for the customer is \$45. Advance sign-up required.

Vehicle Winter Check

Be prepared for the fall and winter months by using this service available until the end of February. Your vehicle is given the full check-up and cost is only \$30. Make sure your vehicle is in good condition for the fall and winter rain, snow and ice. This service is offered every Friday but by appointment only. Contact USAG Brussels Auto Shop to schedule an appointment.

**ANDREWS FEDERAL CREDIT UNION**

As of January 2006, Stop by your Brussels branch of the Andrews Federal Credit Union to check out the monthly promotions and giveaways!

ARMY COMMUNITY SERVICE

Bldg 318, SHAPE
DSN 423-5324 CIV 065 44-5324
Open M-W, F, 8 a.m.-5 p.m.
Th 8 a.m.-3 p.m.
Closed SHAPE Holidays

RELOCATION OFFICE

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332

Welcome, Newcomers!

Are you new to the USAG Benelux? Do you have questions or need information relevant to SHAPE, Chievres Garrison, USAG Brussels, or USAG Schinnen? The USAG Benelux Marketing Branch has produced a solution for you and your family!

"The Best of the Benelux - A Newcomer's Guide" is now available on CD. This Newcomer's Companion has been produced specifically for the needs and requirements of Newcomers, and represents the most important information source for the Benelux.

Welcoming Everyone to Belgium W.E.B. Office

Hotel le Maisieres, Rm 126
DSN 366-6252 CIV 065 44-6252
Open M-F 9 a.m.-Noon
Closed SHAPE Holidays

The vision of the W.E.B. office is to ease the transition for Americans relocating to Belgium. The W.E.B. office provides referrals, information, answers, and most important, a friendly face and a warm hand of hospitality. Stop by the W.E.B. office and get the chance to meet with other Americans in the area for support, communication, and assistance.

Sponsorship and Welcome Packages

There are two different packages available for the Newcomer: The **Sponsorship Package** contains information about Belgium and SHAPE/Chievres installations for Newcomers prior to their arrival. The **Welcome Package** contains useful information about the installation and the Mons communities.

Make the Right Move

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332

Are you prepared for your next PCS move? Attend this class on Wednesday, January 4 or February 1 at 2 p.m. and make this the best PCS move ever!

**ARMY COMMUNITY SERVICE
USAG BENELUX Newcomers Brief**

Hotel Le Maisieres (across from the SHAPE Main Gate).
DSN 423-4332 CIV 065 44-4332

The Newcomers Brief is designed to assist active duty personnel, DoD civilians and family members by providing important information about the SHAPE/Chievres Community. The Newcomers Briefing is conducted on the 2nd Wednesday of the month from 8:30 a.m.-3 p.m. at the Hotel Le Maisieres Ballroom. It is mandatory for active duty military personnel, but family members and civilians are also welcome to attend. The next Newcomers Briefings will be on Wednesday, January 11 and February 8. A complimentary lunch and cookies are provided!

**ARMY COMMUNITY SERVICE
Sponsorship Training**

This class is offered the first Wednesday of the month from 10-11 a.m. in the ACS conference room. The sponsorship training helps sponsors to be more efficient by giving them tips such as assisting Newcomers with their in-processing, providing the human touch, welcoming, orientation, and settling in assistance. Next classes are scheduled for Wednesday, January 4 and February 1.

Cultural Adaptation Trip

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332
Explore the Belgian culture; visit and shop at a vintage store. If you are interested, give ACS a call today to find out details on the next trip scheduled for Friday, January 13 or February 10, 9-5 p.m.

**Transition Assistance Program**

TAP

Open to all military members,
their spouses, and civilian
members contemplating
leaving government service.

For details and registration at
SHAPE/Chievres dial DSN 423-4904/5324
Brussels DSN 368-9735 or Schinnen DSN 360-7269

The TAP Program includes
a Pre-separation Briefing
and a Transition
Assistance Workshop.

The Pre-separation Briefing,
reviews the benefits and
services available to military
service members and their
families as they transit
from the service.

Remote Services Program is
now available under:
www.acap.army.mil

The Career Transition
Workshop will cover such
topics as:
Interviews, Reviewing Job Offers
Support and Assistance,
Career Exploration,
Strategies for an Effective
Job Search, and much more.

Schinnen

24 - 26 Jan 06

SHAPE

28 Feb - 02 Mar 06

Brussels

28 - 30 Mar 06

0900-1600



ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

ARMY COMMUNITY SERVICE

Bldg 318, SHAPE
DSN 423-4352 CIV 065 44-4352

Take the Train to Brussels

Bldg 318, ACS, SHAPE
DSN 423-4332 CIV 065 44-4332

The Belgian train system is well developed and can be the easiest way to travel in and out of Belgium. "Take the Train" is a living experience and gives you the opportunity to learn how to use this great transportation system. The trip is offered Saturday, January 14 and February 11 from 8:30 a.m.-3:45 p.m. Sign up today.

The whole family is welcome!

Take the Bus

Hotel Le Maisieres
DSN 423-4332 CIV 065 44-4332

On January 12 and February 9 from 1:30 p.m. to 5 p.m., join ACS for an afternoon of learning how to use the Belgian bus system and get around while you are still living in the hotel and waiting for your car to arrive. You will discover the easiest way to see Mons and the surrounding area. Register and meet at the Hotel Le Maisieres for an introduction to the Belgian bus system.

Rendez-Vous with French!

Hotel Le Maisieres,
W.E.B. Office
DSN 423-7598
CIV 065 44-7598
Looking for some basic French language skills or want some insight into the Belgian Culture? What is appropriate and inappropriate to say and do and where can you find the best language classes? Let ACS help you with this free class for beginners, offered once a month. Next classes are scheduled for January 17, and February 14 from 9:30 a.m.-noon. Registration required.

ARMY COMMUNITY SERVICE**ACS Volunteer Program**

Bldg 318, SHAPE
DSN 423-5324 CIV 065 44-5324

The Army Community Service (ACS) needs you as a volunteer member of our staff. Being an ACS volunteer offers several benefits:

Flexible hours - Job Training
Volunteers are always needed to support ACS staff with photocopying, sending faxes, filing, data processing, and other general office requirements. Volunteers with business machine skills or those interested in learning these skills are encouraged to join our volunteer staff.

Employment Readiness Program

Bldg 318, Rm 118, SHAPE
DSN 423-4904 CIV 065 44-4904

Job Opportunities Workshop

Learn at the workshop where to find jobs in the BENELUX community and how to apply. Bring your resume and have it updated or find out how to get on Resumix. Every Wednesday morning from 9 a.m. to Noon. Open to all US ID cardholders and their spouses who are ready to seek employment. Pre-registration is required.

ARMY COMMUNITY SERVICE**Family Advocacy Program (FAP)**

DSN 423-5263 CIV 065 44-5263

Return and Reentry Class

Offered Tuesdays at 10 a.m. for all service members recently returned from deployment.

Sexual Assault Prevention and Response Program (SAPRP)

The SAPRP reinforces the Army's commitment to eliminate incidents of sexual assault throughout the US Army. More information call DSN 423-7593 CIV 065-44-7593.

Leader's Training and Unit Level Training

provided to leaders to assist in responding to the three phases of the SAPRP (Prevention, Crisis and Recovery). For details, Call DSN 423-7593 or CIV 065-44-7593.

Unit Victim Advocate (UVA) Training (Class II)

This class is designed to respond to victims of sexual assault. The training is mandatory for all SHAPE and Chievres Unit Victim Advocates. January 12, from 9:30 a.m.-4:30 p.m. At the SHAPE/ACS Conference room. DSN: 423-7593 or CIV 065 44-7593



Restricted reporting is "SUCH" a good option for reporting a sexual assault when you are NOT ready to involve Law Enforcement or your Command. Contact the following for a **Restricted Report**.

SUCH

- SARC Sexual Assault Response Coordinator
- Unit Victim Advocate
- Chaplain
- Health Care Facility (Military)

ARMY COMMUNITY SERVICE

Bldg 318, SHAPE
DSN 423-4352 CIV 065 44-4352

Anger Management Course

When life seems overwhelming and you feel you are at a breaking point, give ACS a call and join a four session class held once a week on Tuesdays from 9-10 a.m. This life skills class is designed to work with families and individuals to strengthen family relationships and to prevent child and spouse maltreatment. Upcoming sessions: January 3-31, February 2-28.

Army Emergency Relief (AER)

The AER office provides financial assistance to soldiers and their family members in time of valid emergency. The AER office also provides emergency assistance for other services through their relief agencies. If not near a military installation, soldiers can receive assistance through a local American Red Cross Chapter.

American Forces Team Building (AFTB)

A volunteer-led program designed by military spouses. AFTB provides training and knowledge to individuals who want a better understanding of the military and its mission, who would like to improve on their personal and professional skills, and who would like to build on their leadership abilities.

AFTB classes offer a **FUN** way to learn more about the military lifestyle, build upon your current skills, or add new ones.

Who Can Attend?

- Spouses
- Soldiers
- DA Civilians
- Retirees
- Contractors
- Host Nationals
- Anyone and everyone is welcome

AFTB is located at SHAPE, in Building 318, Room 222

DSN: 423-5425
CIV: 065 44-5425
FAX: 065 44-4896

Email: Aftbfamily@benelux.army.mil
Website URL:
www.armyfamilyteambuilding.org

American Forces Team Building

25 Jan, noon - 1 p.m.
Working Lunch Series:
Meeting Management

9 Feb, 4 - 8 p.m.
Relationship Building

22 Feb, noon - 1 p.m.
Working Lunch Series:
Adapting to Change

14 Mar, noon - 3 p.m.
Making the Most of Your Minutes

29 Mar, noon - 1 p.m.
Working Lunch Series:
Group Dynamics

10 Apr, 9 a.m. - noon
Military 101

26 Apr, noon - 1 p.m.
Working Lunch Series:
Building a Cohesive Team

16,17 May, 10 a.m. - 4 p.m.
Level I AFTB

31 May, noon-1 p.m.
Working Lunch Series:
Motivating Factors

13 - 15 June, 9 - 5 p.m.
Level II AFTB

28 June, noon - 1 p.m.
Working Lunch Series:
Conflict Management

*All classes will take place in the ACS Community Conference Room,
2nd floor of Bldg 318, SHAPE (AFN Building).*

Learn, Grow, Lead...with AFTB**ARMY COMMUNITY SERVICE
Financial Assistance Program
(FAP)****Saving and Investing**

Next class is offered on
January 20, 27 and
February 17,24 from 1-2:30 p.m.
Registration is required.

**How to become a Millionaire on
Military Pay**

Classes offered on January 24,31
and February 21, 28 from
9-10:30 a.m.
Registration is required.

Great Job Opportunities
at Chievres!

Go the following website
www.cpol.army.mil

Or for AAFES
<http://www.aafes.com>

Or for the Commissary
[http://jobsearch.usajobs.
opm.gov/](http://jobsearch.usajobs.opm.gov/)

BENELUX FINANCE OFFICE

Savings Deposit Program (SDP)

A service member is eligible to participate in SDP if he serves for at least 30 consecutive days or at least 1 day in each of 3 consecutive months in KFOR/SFOR or in a combat area of operations including Afghanistan, Iraq, and Kuwait.

- A soldier may deposit up to his un-allotted pay and allowances each month, not to exceed a \$10,000 total balance.
- Un-allotted pay is the pay shown on a service member's LES after all deductions and allotments are subtracted out.

Thrft Savings Plan (TSP)

Open seasons have been eliminated. Therefore, you may make an election to start, stop or change the amount of your contribution to the TSP at any time.

TSP contribution limit for members of the uniformed services for 2005:

10% (up to the IRS limit) TSP contribution limit for members of the uniformed services for 2006:

100% (up to the IRS limit)

All contributions made while in a combat zone are tax exempt for LIFE!! Sign up for TSP now! See www.tsp.gov for more info.

INCREASE IN SGLI

Section 1012 of the Emergency Supplemental Appropriations Act for Defense, the Global War on Terror, and the Tsunami Relief, 2005 (Public Law 109-13, May 11, 2005) increased the Service member's Group Life Insurance (SGLI) maximum coverage to \$400,000 effective 1 September 2005 and allows reduced elections in increments of \$50,000. This change was effective 1 September 2005. On the effective date, all members eligible for SGLI at that time became insured for the maximum coverage of \$400,000 until they make a valid election to reduce or decline coverage. These changes will not affect coverage under Family SGLI (FSGLI). Such coverage and limitations on such coverage continue under previously existing rules. To make changes in SGLI coverage amounts, a new SGLV 8286 must be submitted to your servicing PSB.

Points of Contact BENELUX Finance Offices:

SHAPE Finance Office: 423-4098
Brunssum Finance Office: 364-2839
Brussels Finance Office: 368-9732

POWERS OF ATTORNEY (POA)

General POA versus Special POA

A POA is a legal binding document that allows you to authorize another person to conduct certain business on your behalf.

There are 2 types of POA:

General POA - gives the other person very broad powers to act on your behalf.

Special POA - Limits the other person authority to act only on certain matters.

The table below shows which finance actions may be executed by individuals holding a POA:

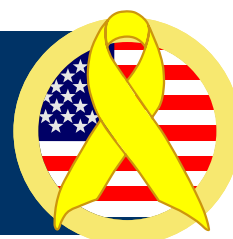
	General POA	Special POA
Travel Advances/Settlement	YES	YES*
Check Cashing	YES	YES*
Receive Leave and Earning Statements (LESS)	YES	YES*
Change Pay Option	NO	YES*
Allotment (start, change, or stop)	NO	YES*

*Special POA must specifically state the desired finance/travel action. Your local legal assistance office can advise you about and prepare the appropriate type of POA for your situation.

FOR RETIREES: INTERNATIONAL DIRECT DEPOSIT

International Direct Deposit (IDD) is available to U.S. military retirees, annuitants living in certain overseas locations (current locations are the UK, Australia, Canada, France and Germany). Over 35 countries, including Belgium, the Netherlands and Italy will soon be added to the list. U. S. military retirees and annuitants receiving pay and living in eligible locations overseas can have their monthly payments sent directly to their local banks through DFAS's IDD program. IDD will electronically deposit funds into an individual's bank account just like stateside Direct Deposit Enrollees. Those currently receiving their pay by check will avoid problems that include postal delays, mis-routed, lost or stolen checks. Those eligible and wishing to participate in this program will receive enrollment packages which must be completed and returned to DFAS.

Yellow Ribbon Families Group
Meet every Tuesday from 9-10 a.m.
in the ACS Yellow Ribbon Room
DSN 423-4332 CIV 065 44-4332



ARMY COMMUNITY SERVICE**New Parent Education and Support Program (NPESP)**

The program is for US military and civilian families expecting a child or with children from birth through 3 years old. If you are expecting or have just recently delivered a new member to your family, please stop by ACS and see us... we have a free gift for you and would like to introduce ourselves to your new bundle of joy! Services offered include: Information and referral, home visitation, education on topic relating to maternity and childbirth issues, parenting classes, playgroups, breast feeding, and much more. The following classes are held at the SHAPE Healthcare Facility in the Social Services conference room. For more information and to register, please call DSN 423-3321 or CIV 065 44-3321

Infant Massage Class

Come to the Infant Massage class and discover new techniques to calm your baby on Thursdays from 11 a.m.- noon.

Breastfeeding Support Group

Are you making the decision whether to breast feed or not? Get the advice and support you need.

Group meets on January 17, and February 14 from 10-11 a.m. Contact WIC Overseas at DSN 423-5971 or 423-4274.

**Playmorning**

At the SHAPE Health Clinic EDIS playroom located on the second floor. Call for DSN 423-4274 for dates.

EDIS (Educational & Developmental Intervention Services)

Get a jump on development. If you have questions about how your child talks, behaves, moves, plays, sleeps, eats, or will do in school, contact EDIS (for children ages birth-35 months) at 065 44-5931 or the Brussels American School (for children ages 6 months and older) at 02 717-9552.

CHILD AND YOUTH SERVICES**Central Registration (all youth)**

Bldg 209, SHAPE
DSN 423-3874/4328
CIV 065 44-3874/4328
Open M-Th 8 a.m.-5 p.m.
F 8 a.m.-3 p.m.

Annual membership fee and registration are required for youth to participate in CYS programs and services. In order to register, youth must bring a recent health assessment and immunization record.

Hip Hop Dance Classes

Learn to dance like you see in the music video clips for Justin Timberlake, Usher, Missy Elliott and Michael Jackson. This is a high-energy and fast-paced dance class. Students will learn technique, style, and how to choreograph a routine. Class is offered for ages 9-13 yrs. Tuesdays from 4:45-5:45 p.m. at the SHAPE Elementary School. Next class goes from **January 9-February 23**. The fee is 49 €.

Jazz Dance Classes

This class is designed for anyone who has the desire to learn to dance. You will learn the basic dance principles including correct posture, injury prevention, and turns. Become familiar with dance terms, positions, isolations, and principles of turning. Have fun while gaining confidence. Class is offered Mondays from 4-5 p.m. for ages 8-12 yrs. and from 5-6 p.m. for ages 13 yrs and up. Next class runs from **January 9 - February 23**. The fee is 42 €.

Children's Bowling

Offered on Tuesdays. and Wednesdays from 5-6 p.m. at the SHAPE Pizza Bowl. Next class runs from **January 9-February 23**. The fee is 42 €.

CHILD AND YOUTH SERVICES**Sports Office**

Bldg 503, SHAPE
DSN 423-5856 CIV 065 44-5856
Open M-F 8 a.m.-5 p.m.
Closed SHAPE holidays
A current health assessment and immunization record, and CYS membership is required in order to register for sports programs. Bring your entire family to the YS snack bar for theme dinners and board games each first Friday during the school year. Dinner is served for a small fee from 4:30-7:30 p.m.

CHILD AND YOUTH SERVICES**Child Development Center (CDC)**

Bldg 616, SHAPE
DSN 423-4810/5618
CIV 065 44-4810/5618
Open M-F 7:30 a.m.-6:30 p.m.
Hourly Care (available only during days when school is in session)
M-F 8:30 a.m.-5:30 p.m.
CDC offers child care for children from 6 weeks to 5 years of age.

Early Childhood Music

Parent/Child Classes (ages 2-18 months) at the CDC, Mondays and Thursdays, 11:30-12:30 p.m. beginning January 9.

Early Childhood Music

Parent/Child Classes (ages 19 months-4 years) at the CDC, Mondays and Thursdays, 2:30-3:30 p.m., beginning January 9.

Middle School Center

Bldg 503, SHAPE
DSN 423-5789/5635
CIV 065 44-5789/5635
Open M-F 3:30-6:30 p.m.
During school holidays the Center is open M-F 1 - 6:30 p.m.

Teen Center

Bldg 503, SHAPE
DSN 423-5711/5610
CIV 065 44-5711/5610
Open M-F 3:30-6:30 p.m.
During school holidays the Center is open M-F 1 - 6:30 p.m.
The Middle School and Teen Center offer many activities such as:

Scheduled dances, lock-ins, movies, Newcomer's Club, Boys & Girls Club programs, computer lab, homework assistance, and a variety of self-directed activities. Generally the activities are cost free but in certain cases a small fee may be charged for specific programs or instructional classes.

School Age Services (SAS)

Bldg 602, SHAPE
DSN 423-5980/5982
CIV 065 44-5980/5982
Open M-F 7:30 a.m.-6:30 p.m.
SAS offers out-of-school activities for children grades 1-5. Before and after school care options are also available and a variety of programs are offered from computer to homework lab, Newcomer's Club, and more.

SHAPE AMERICAN SCHOOL INFORMATION

SHAPE School Websites

Be sure to check the school websites regularly for important information. School supply lists, reading lists, and calendar information are just some of the things you can find at: www.shap-es.eu.dodea.edu and www.shap-hs.eu.dodea.edu.

SHAPE EDUCATION CENTER

Bldg 212, Rm 130, SHAPE
DSN 423-3466
CIV 065 44-3466
Open M-F 8 a.m.-5 p.m.

HEADSTART - French

HEADSTART is a free 30 hour language and culture introduction class held monthly at the Education Center. Instructors are native speakers of the language being taught. For next available dates, please check Newcomers pages in the back of this magazine. Reservations for any of the course dates listed are recommended.

Computer LAB

The SHAPE Education Center Computer Lab is open five days a week. We provide you with websites for online diagnostic tests for CLEP, SAT, ACT, and GRE websites for financial aid and more.

eArmyU Program

Not sure if distance learning is for you? Come to SHAPE Education Center and take the online PReP Assessment test. The test will evaluate your technology skills, study habits, and time management skills. Results of the test are available immediately for review and interpretation. Free e-learning courses are recommended if any skills deficiencies are identified. This test is available only to Army personnel.

Strong Interest Inventories

Looking for a perfect match between your interests and a satisfying career? Let Strong Interest Inventories help you find the right path. Composed of over 300 questions, Strong provides an in-depth assessment of your interests among a broad range of occupations, work and leisure activities, and educational subjects. Strong is taken online at the SHAPE Education Center. No appointment is necessary.

SHAPE EDUCATION CENTER

Microsoft Examination

One free Microsoft Examination is available to service members! Obtain an exam voucher as soon as possible by contacting your Education Counselor. Once you obtain a voucher you will have two years to take the exam. Exams can be taken in Belgium or the US. Vouchers are going quickly so contact your Education Counselor without delay.

Thurgood Marshall

Thurgood Marshall was a courageous civil rights lawyer during a period when racial segregation was the law of the land. At a time when a large portion of American society refused to extend equality to black people, Marshall astutely realized that one of the best ways to bring about change was through the legal system.

Between 1938 and 1961, he presented more than 30 civil rights cases before the Supreme Court. He won 29 of them. His most important case was *Brown v. Board of Education of Topeka* (1954), which ended segregation in public schools.

OVERSEAS CONTRACTED UNIVERSITIES AND COLLEGES

UNIVERSITY OF PHOENIX

Start earning your degree today! University of Phoenix offers Master degree programs in Business Administration, Arts in Education/ Curriculum and Instruction, Arts in Education/Administration, and Supervision, Arts in Education/ Teacher Education (Elementary and Secondary). Visit us at the SHAPE Education Center, go online at www.uopxoverseasmil.com, or contact your local field representative at DSN 423-4645.

OVERSEAS CONTRACTED UNIVERSITIES AND COLLEGES

CENTRAL TEXAS COLLEGE - CTC

Central Texas College offers AAS in a variety of Vocational Technical fields. We have classes at SHAPE and Brussels. Distance learning is also available for those who prefer taking classes online. Contact your local CTC representative to enroll at DSN 423-7447 or visit the CTC Website at www.europe.ctcd.edu

UNIVERSITY OF MARYLAND UNIVERSITY COLLEGE EUROPE (UMUC)

The mission of the Maryland programs in Europe is to provide academic programs to members of U.S. military communities throughout the European Command. The goal is to make those programs accessible to students who already have substantial commitments to careers and families. Through the undergraduate and graduate programs offered, members of the military services and civilians overseas can take individual classes for personal enrichment or pursue a program of course-work leading to a certificate, associate degree, bachelors degree, or masters degree. Learn more by visiting www.ed.umuc.edu or see your local representative at the Education Center at DSN 423-5173 or e-mail: shap@fieldrep.ed.umuc.edu

UNIVERSITY OF OKLAHOMA - OU

DSN 423-3654 (SHAPE)
DSN 364-6003 (Treebeek)
DSN 458-6098 (Geilenkirchen)
E-mail: apshape@ou.edu
A degree from the University of Oklahoma symbolizes a high quality education and OU's dedication to excellence. In 1964, the University began serving the educational needs of the United States Armed Forces. Today, thousands of men and women have completed their degrees; you too can experience the tradition and heritage of a higher education offered by OU. Get a Masters in Human Relations and/or a Masters in International Relations. Degrees are in an intensive format, requiring 36 semester hours, there is no thesis or admissions test required, admission is based on your undergraduate GPA. Contact your local field representative at e-mail apshape@ou.edu or visit our web page www.goOU.ou.edu or www.goOU.ou.edu/europe/shape.htm for more information.

SHAPE LANGUAGE CENTRE-SLC

Bldg 211, SHAPE
DSN 423-4971 CIV 065 44-4971
Open M-F 8:30 a.m.-5 p.m.
Classes M-F 9 a.m.-8:30 p.m.
Closed SHAPE Holidays

Open to SHAPE ID cardholders 16 years and older. Courses are offered in two sessions (September to January and February to June) in the two NATO official languages – English and French. Danish, Dutch, German, Greek, Italian, Polish, Portuguese, Spanish, Turkish, and Russian are also taught. English and French classes are held during working hours, and an evening program is offered to allow staff members to attend. Classes in the other languages run during lunch times. The Centre has a small language laboratory and library with free access for all SLC students.

Spring Session

February 6- June 16

Re-registration: January 23-27

Registration: January 30- February 3

Non-beginners: Contact the SHAPE Language Centre for a free Placement test appointment before January 27.

Chievres Boarding Kennel



For reservations and general information call 068 27-5436.

Chievres Air Base Library

Chievres Air Base (CAC)
DSN 361-5767 CIV 068 27-5767
Open Tu-F Noon-6 p.m.
Sa 10 a.m.-5 p.m.
Closed Sundays, Mondays, and Holidays

The Chievres Library is now online and automated! We have joined the Army Europe Libraries' (AEL) European Library General Information System (EGLIS). Stop in to see our exciting new changes and check-out our growing collection of over 10,000 books, including new bestsellers, current release DVDs, Videotapes, Audio books and Language tapes. The staff is available to assist patrons with book recommendations as well as provide reference service through the many AEL online databases and journals. Internet access is available on five modern workstations and limited photocopying service is free.

Story Time

Our Story Time goal is to help toddlers and preschoolers learn to pay attention in a social setting for an extended period (roughly 30 min) while they make new friends, enjoy some wonderful stories from our collection, and make a fun craft. Help your children learn to love reading. Story Time is offered every Thursday from 4:30 - 5 p.m. For more information, please call the Library at 068 27-5767 or e-mail us: chievreslibrary@benelux.army.mil.

SHAPE International Library

Bldg 307, Community Activity Center, SHAPE
DSN 423-5631 CIV 065 44-5631
Open M-W 9 a.m.-8 p.m.
Th-F 9 a.m.-6 p.m.
Sa 10 a.m.-5 p.m.
Closed Sundays and SHAPE Holidays

The SHAPE International Library is a multi-purpose facility serving as a lending library, reading room, cultural center, gallery for art exhibits, and a computer center where patrons can access electronic information sources such as the Internet, CD-ROM programs, and utilize word processing software. A library card is required to check out library material and to use the computers. There is no charge to register for a library card, however, there is a small charge for copies.

SHAPE International Library

Preschool Story Time

Tuesdays at 10 a.m. at the SHAPE International Library.

Library Gallery

As a special feature and to expand cultural awareness, the library hosts art displays by different local artists each month. Come in to view the beautiful and creative art shows.

Book Discussion Group

This fabulous book club, known as the "Page Turners" meets at 5:30 p.m. the 3rd Wednesday of each month. New members are always welcome. Next meetings will be on January 18 and February 15.

Lap Sit

The SHAPE International Library brings parents and toddlers together with a program called Lap Sit. The program is for toddlers up to 24 months and is held Wednesdays from 10-11 a.m.

Winter Reading Program



25 January

1545-1645, age 8-10

26 January

1545-1645, age 6-7

22 February

1545-1645, age 8-10

23 February

1545-1645, age 6-7

Children, explore the world...
from your library!

Call the SHAPE International
Library for more details.
DSN 423-6042

COMMUNITY RECREATION**Community Activity Center (CAC)**

Hangar 4, Chievres Air Base
Fitness Center & Library are also
located in the CAC.

DSN 361-5506 CIV 068 27-5506

Email address:

Chievresactivitycenter@benelux.army.mil

We have regular scheduled activities in our gym and community room along with special events and functions. Please see our posted schedule on the Sports and Fitness Board. As soon as we know our regular schedule will be interrupted, we will post the changes.

The CAC is also available for private and official functions to include a variety of events such as birthday parties, bazaars, traditional holiday observances, etc.

Fitness Center

Chievres Air Base, CAC

DSN 361-5643 CIV 068 27-5643

Open M-F 6 a.m.-9 p.m.

Sa 10 a.m.-7 p.m., Su 10 a.m.-5 p.m.

Call for Holiday schedule.

Did you know that the vast majority of people who have lost more than 30 pounds and kept it off for five years or longer have learned to add exercise into their daily lives?

No matter how active you are right now, use our Fitness Center to accomplish your personal goals with our new group fitness classes.

Fitness Center Orientation

First time here? Aren't sure what to do and how is the equipment set up? When is the best time to workout or how does the TV channel get changed? Heard we have a sauna, an indoor and outdoor running track, and extra locker rooms? So we don't forget anything, we have organized a tour of 45 uninterrupted minutes to familiarize you with our facility, services, programs, and equipment. We're happy you're here and we're here to serve you!

Get off on the right foot and sign up for a fitness center orientation offered every fourth Thursday of the month. If you can't make it to the tour, we're still here to answer all your questions.

W.O.W. - Women on Weights

This is it! Bring a friend to pair up with, or we can find a partner for you. We'll utilize the weight room and the indoor track for a fast paced, efficient, total body workout. We meet twice a week on Tuesdays and Fridays from 9:30-10:30 a.m. Class will be limited to 8 people. You must sign up at the Fitness Center Desk.

COMMUNITY RECREATION**Fitness Center****YOGA for EVERY BODY**

This class is for any fitness or flexibility level. It's a great way to tone up and un-wind. You don't need any equipment, but you may want to purchase a long, non-skid mat. Classes are being held on Tuesdays and Thursdays from 10:30-11:30 a.m.

The Baby Buggy Brigade

You're ready to go...the little one (or ones) are bundled up in the stroller and you're all going out for some much needed exercise... but we're in Belgium...and it rains a lot... a whole lot. We have an indoor track! Led by one of our Fitness Center Staff, we invite you to push that baby and buggy around our indoor track three times a week. We will also have optional strength/toning stations set up around the track for you to stop at along the way (baby permitting, of course). We will meet Monday, Wednesday, and Friday from 10:30-11:30 a.m.

WOMEN, INFANTS AND CHILDREN OVERSEAS (WIC Overseas)

SHAPE Healthcare Facility
DSN 423-5971 CIV 065 44-5971
Open Tu/W 8 a.m.-5 p.m.,
Th 1-5 p.m. Hours are flexible and can be adjusted.

"Helping Children Get the Best Possible Start"

WIC Overseas provides nutrition education and supplemental foods to pregnant and breastfeeding women, as well as infants and children up to 5 years. Eligibility is determined by family size, income and other criteria. Call the WIC Overseas office for more information and to see if you qualify.

HEALTH AND WELLNESS

SHAPE Health Care Facility,
Conference Room
DSN 423-5044/065 44-5044

January Schedules

6 January

Weight Management Session I

2:00 p.m.

Self Care

3:00 p.m.

13 January

Weight Management Session II

2:00 p.m.

Self Care

3:00 p.m.

20 January

Weight Management Session III

2:00 p.m.

Self Care

3:00 p.m.

27 January

**Weight Management Session IV
(optional- Gym workout)****February Schedules**

3 Feb

Weight Management Session I

2:00 p.m.

Self Care

3:00 p.m.

10 Feb

Weight Management Session II

2:00 p.m.

Self Care

3:00 p.m.

17 Feb

Weight Management Session III

2:00 p.m.

Self Care

3:00 p.m.

24 Feb

**Weight Management Session IV
(Optional-Gym workout)**

Protect yourself from pickpockets



The Fitness Center is a great place to be but leave those precious jewels at home, along with other valuables that you do not need to have with you.

Do not take chances, lock all valuables during your work-out - think security even while taking that quick shower.

Report any problems to the local police and inform Fitness Center Staff.
(USAG Chievres 068-27-5301; USAG Brussels 027-71-9769;
USAG Schinnen 0469-443-7555).

ATHLETICS PROGRAM

Bldg. 313, SHAPE
DSN 423-5325 CIV 065 44-5325

The Main Gym has an extensive program that includes cross-country runs, soccer, cricket, badminton, swimming, rifle/pistol competitions. Special events such as softball, volleyball, baseball tournaments are held. The facilities offers basketball, volleyball, badminton, squash, racquetball and handball courts, a 25 meter indoor swimming pool, aerobics studio, fitness suite, saunas, free weights, outdoor fields for soccer, football, rugby, baseball, softball, cricket, and tennis.

Skeet & Trap Shooting



**Start The Year Off
With A Bang!**

**Saturday
21 Jan, 9 a.m.**

**International Shooting
Centre of Bauffe
(near Chievres Air Base)**

Special registration
price reduction: €4.50
Shells sold separately

SHAPE Trips & Tours
CIV 065 44 3884 DSN 423-3884
E-mail: st&t@benelux.army.mil

Indoor Pool Operating Hours Lane Swim

M-F 6:30-8 a.m.
11:30 a.m.-1:15 p.m. and 5:30-7 p.m.

Family/Open Swim

Sa/Su 10 a.m.-3:30 p.m.

Green Gym

DSN 423-5156 CIV 065 44-5156
M-F 6 a.m.-9 p.m., Sa/Su and
SHAPE Holidays 10 a.m.-4 p.m.

ATHLETICS PROGRAM Fitness Classes

Mommy and Me Fitness

DSN 423-4247/3945
CIV 065 44-427/3945
M-F from 9:30-11:30 a.m.
Fitness Suite

SHAPE Community Level Sports

DSN 423-8007/3993
CIV 065 44-8007/3993
Men and Women's Basketball
Jan 7, 28, and February 25, 26.
Beginning at 1:00 p.m.
Located at the SHAPE Main
Gymnasium Basketball Court.

SHAPE Fun Run

Don't miss it! January 31 and
28 February beginning at 12:30 p.m.
Call DSN 423-8007 or 065 44-8007
for details.

Other SHAPE Main Gym Activities

VOLLEYBALL
SOCCER
UNIT LEVEL BASKETBALL
RUGBY
COMMUNITY BASKETBALL
SHAPE SEALS
For more details call DSN 423-3195

ATHLETICS PROGRAM Fitness Classes

Body Blast Class

Mondays from 9:30-10:30 a.m.

Spinning

Mondays, Wednesdays, and Fridays
from 12:15-1:15 p.m.

Circuit Training

Mondays, Wednesdays, and Fridays
from 12:30-1:30 p.m.

Tae Robics

Mondays and Fridays from 2-3 p.m.

Martial Arts

Tuesdays and Thursdays from
11 a.m.-Noon

Yoga Flow Class

Wednesdays from 9:30-10:30 a.m.

Yoga Stretching

Wednesdays from 4:30-5:30 p.m.

Yoga

Thursdays from 9-10 a.m.

Water Aerobics

Thursdays from 7-8 p.m.

Fit Ball Class

Fridays from 9:30-10:30 a.m.

Fitness Introduction Class

The cost for all fitness classes are:
5 classes for €18,
10 classes for €33, and
15 classes for €43. Tickets for the
classes can be purchased in the
Main Gym checkout. Newcomers
may try one class for free.

OUTDOOR RECREATION CENTRE

Bldg. 307, SHAPE
DSN 423-5380 CIV 065 44-5380
Open M-F 10 a.m.-4 p.m.
Closed Sa/Su, and SHAPE Holidays
Stop by and pick up a price list!

The Outdoor Recreation Rental Centre offers a wide variety of outdoor recreation equipment and has everything you need for outdoor activities. Stop by and pick-up a complete listing, for every recreational event you are planning, whether it is for your friends, family or your unit. Some items that are available are ski equipment, mountain bikes, camping gear and heaters, tables, canopies, lawn sport equipment, large inflatable party entertainment items, grills, and super cookers.

SHAPE AUTO SKILLS CENTRE

Bldg. 314, SHAPE
DSN 423-4693 CIV 065 44-4693
Open Tu-Th Noon-8 p.m.
F Noon-6 p.m., Sa 10 a.m.-6 p.m.
Closed Su/M and SHAPE Holidays

Keep your vehicle in peak running condition and save money by taking advantage of all the tools and facilities available. The Auto Crafts Shop offers 14 work areas and 4 lifts with tools available to use for the simplest to the most complex automotive repairs.

Qualified mechanics can assist you and lend a hand if needed. The services available include wheel balancing, head light adjustment, oil-changing, pre-Contrôle Technique (CT) inspections, and much more.

SHAPE BOWLING

Bldg. 502, SHAPE
DSN 423-5697 CIV 065 44-5697
Open M-Th 11 a.m.-11 p.m.
F-Sa 11-1 a.m., Su and SHAPE
Holidays Noon-11 p.m.

LEAGUES

The Pizza Bowl is a 12-lane bowling center which provides services for 11 leagues, consisting of a large youth program, men's, women's, and mixed bowling. If you are not in a league, come and see for yourself all the fun and excitement that we have in store.

BOWLING BIRTHDAY PARTIES

Try the Pizza Bowl for your child's next party complete with party favors, shoes and bumper bowling. The Pizza Bowl is also available for teen and adult parties.

SHAPE BOWLING

Bldg. 502, SHAPE
DSN 423-5697 CIV 065 44-5697
Open M-Th 11 a.m.-11 p.m.
F-Sa 11-1 a.m., Su and SHAPE
Holidays noon-11 p.m.

COSMIC BOWL

Glow-in-the-dark bowling happens
Friday and Saturday nights.

BOWLING SPECIAL

From 11 a.m.-2 p.m. on Mondays and
Fridays pay only €1.00 per game.

SUNDAY IS FAMILY DAY

All games are only €1.50

SHAPE HOLIDAYS

Bowl for €1.50 per game

PRO SHOP

Stop by the Pro Shop for many
choices in bowling equipment. The
Pro Shop also offers a *state of the art*
drill press for drilling balls; any
bowling ball can be drilled on site.
Appointments are required.

SHAPE PIZZA BOWL

Bldg. 502, SHAPE
DSN 423-5696 CIV 065 44-5696
Breakfast M-F 8-10:30 a.m.
Sa/Su 8:30-11:30 a.m.
Lunch M-Th 10:30 a.m.-9:30 p.m.
F 10:30 a.m.-11 p.m.,
Sa 11:30 a.m.-11 p.m.
Su 11:30 a.m.-9:30 p.m.
SHAPE Holidays Noon-8 p.m.

Come try a delicious pizza and
check-out our new snack bar menu
with many items such as Biscuits
and Gravy, Mexico Platter with Tacos,
Burritos, Spanish Rice and Refried
Beans, Chicken Caesar Salad,
French Toast, and Otis Spunkmeyer
muffins, and cookies

**Luna Angel**

The Reggae Band Luna Angel plays
LIVE at SHAPE and Chievres.
No Admission Charge
Thurs, 16 Feb, Prime Time Lounge,
Daumerie Caserne
Fri, 17 Feb, SHAPE

SILVER SPOON – HQ Cafeteria

Bldg. 102, SHAPE
DSN 423-5114 CIV 065 44-5114
Breakfast M-F 7:30-10 a.m.
Lunch M-F 11:30 a.m.-2 p.m.

Café Bar

Open M-Th 9 a.m.-5 p.m.
F 9 a.m.-3:30 p.m.
The HQ Cafeteria offers a large
variety of choices from sandwiches,
to hot full-course meals, and a large
salad bar. For a menu listing, pick
up a SHAPE Community Life
magazine or www.shapeonline.net

SHAPE CLUB

Bldg. 903, SHAPE
DSN 361-4133
CIV 065 44-4133
Dining Room Lunch
M-F 11:30 a.m.-1:30 p.m.
Steak Night Thursdays 6-9 p.m.
Ballroom is available to rent for
receptions. The Namur room at the
SHAPE Club is now open as a new
dining area. Enjoy our ongoing
Business Lunch at an all-inclusive
special for €7.50.

Cinderella Waltz
Performed by the
SHAPE American High
School Players

January 26, 27, 28
at 7 p.m
January 29 at 2 p.m.

SHAPE Entertainment
Centre

Mons Bar

Open M-W 5-11:30 p.m.
F 3:30 p.m.-Midnight for Disco Night
Food Service available M-F 6-9 p.m.
Happy Hour Wednesdays 6-7 p.m.
Dart Night every Monday only €5.

Sunday Brunch

Call for reservations.

**SHAPE INTERNATIONAL
COMMUNITY CLUB**

Bldg. 303, SHAPE
DSN 423-5129 CIV 065 44-5129

Stag Bar

Open M-Th 4:30-11 p.m.
Thursdays is Disco Night and open
until 2 a.m., F 3:30 p.m.-1 a.m.
Closed Saturday and Sunday.
The IC Club is available to rent for
private parties and social events.

PRIME TIME LOUNGE

Daumerie Caserne, Bldg #7
DSN 361-5540 CIV 068 27-5540
Breakfast M-F 7-9 a.m.
Lunch M-F 11:30 a.m. - 1:30 p.m.

Super Bowl Sunday

February 5, 9 p.m.
Finger foods and breakfast menu
available. Call for details at
DSN 361-6245 CIV 068-27-6245.

Karaoke Nights

Come join the fun every Friday
night from 9:00 p.m.-2:00 a.m.
Karaoke, professional pool tables,
INTERNET Café, and good music.

Have fun and get paid! Be our
Karaoke DJ on Friday nights at the
Prime Time Lounge!
Hours: 9:00 p.m. - 2:00 a.m.,
Pay \$13.00/hour. Call for details
at DSN 361-6245/Civ 068-27-6245.

VALENTINES DAY LUNCH

Tuesday, February 14
11:30 a.m. to 1:30 p.m.
RSVP Recommended
DSN 361-6245 CIV 068 27-6245.

Prime Time
Valentines
Day
Lunch

Tuesday,
14 February
1130 - 1330

All ladies get a free
desert with meal.

Please RSVP
361-6245

Prime Time Lounge,
Daumerie Caserne

GOING SOMEWHERE?

Discount Airfares for Military Families

United Airlines is offering reduced fares for active duty and reserve members of the Navy, Marines, Army, Air Force, and National Guard. In addition, Service Members' spouses and dependent children are also eligible. These special fares are not available at the United Airlines website. To purchase the special fares, Service Members should contact United Reservations at 1-800-241-6522 and identify themselves as eligible for military fares. All passengers eligible for these and other military fares must carry proper identification. Service Members can travel with these special fares all the way through January 31, 2006. For more details www.military.com/travel.

SHAPE ARTS & CRAFTS CENTRE

Bldg 209, SHAPE
DSN 423-4680 CIV 065 44-4680
Open M-Th 8:30 a.m.-5:30 p.m.
and F 8:30 a.m.-4:30 p.m.
Closed Sa/Su and SHAPE Holidays

Are you looking for a special item: a personalized desk name plate or an award? Come and see our selection of wooden pen boxes, acrylic awards, plaques, and various other unique items to be engraved.

You can either buy courses or materials with a Gift Certificate. Call or come to the Arts & Crafts Centre for more details! The Centre features a ceramics studio, wood and framing shops, custom engraving, and classes on painting, drawing, flower arranging, quilting, basketry, jewelry design, oil painting, watercolor, wood turning, and much more. Classes are taught by a multinational staff and freelance instructors. It is a great place to work and meet people. Sorry, registrations cannot be taken over the phone. Class registration is confirmed at time of cash payment in Euros.

SHAPE ARTS & CRAFTS CENTRE

CHECK OUT THESE NEW COURSES!

Film Making

Saturdays, January 21, 28 and February 4, 11-4 p.m.

Introduction to film making. Become a pro by learning new technologies and making your own film! Learn how to make your home movies look like professional works of art!

Photography

Tuesdays, February 7, 14, 21 and March 7, 6-9 p.m.
You have your new digital camera. Now how do you use it? We offer a multi-session class on digital camera operation and use of Photoshop Elements. Bring your own laptop and receive 10 Euro off of the course fee.

Paint Effects on Wood

Wednesdays, January 18, 25 from 6:30-8:30 p.m.
Unsure what to do with that Brocante Bargain, not too sure about telling your other half that it doesn't actually match the rest of the furniture? Maybe we can help! We can show you how to restore the original wood finish to its former glory, or if it is beyond restoration, we can show you some simple paint effects. All you need is a small piece of wooden furniture; dining tables and three-piece suites need not apply! You can buy all the supplies you will require at the class, including a secret recipe miracle cleaning fluid!

Karaoke Nights!
Prime Time Lounge
Every Friday Night
9 p.m. to 2 a.m.
Karaoke Nights!

SHAPE ARTS & CRAFTS CENTRE

Sewing

Basic Techniques-
Make a Cushion
Saturday, 21 January 11-4 p.m.

Intermediate Techniques-
Make a Bag
Saturday, February 4, 11-4 p.m.

If you can sew one straight line, you can add three more and make a cushion. If you can make a cushion, you can add a few more straight lines and make a bag. If you can make a bag, why not a pair of curtains or loose covers for your dining chairs? All it takes is that first straight line. If you can't manage that first straight line, why not come to our Basic Sewing Class where you will be shown how easy it really is! You do not need a sewing machine. We have them at the Arts and Crafts Centre and you can buy all the supplies from the instructor. There really are no excuses for not making that first straight line.

Silk Painting

Tuesdays January 17, 24 from 6:30 p.m.-8:30 p.m.

If you can hold a paintbrush the right way up, you can learn to paint on silk. You do not need to be able to draw to achieve fantastic results. Armed only with a piece of plain silk, some silk paint, rock salt, and an ordinary household iron you can create a work of art that not only looks good, but you can wear too! Forget about buying expensive silk scarves, you can make your own, in any colors that you want. You can buy all supplies that you will require at the class. Basic Techniques are taught during the first lesson, the second lesson you learn and design as you go.

Adult and children's classes available for candy making, clay workshops, Decopage, ceramics, and more. Please call the Arts & Crafts Centre for details.

Grandma's Attic is looking for Crafters of all kinds

If you are interested in selling your crafts bring them out and we will help you in every way we can. We can help you with tags and suggestions on pricing (if needed) and display your crafts so others can see them.

Contact Grandma's Attic at 068 27-5219 or Vicki at 065 59-5288

Hours of operation: Thursday, Friday and Saturday from 11 a.m.-3 p.m.
Consignments are accepted Thursdays and
1st and 2nd Saturday from 9 a.m.-Noon

SHAPE Arts & Crafts

CLASS SCHEDULE



New Courses!

Sewing

Price: €20 per class

If you can sew one straight line, you can add 3 more and make a cushion. If you can make a cushion, you can add a few more straight lines and make a bag. If you can make a bag, why not a pair for curtains or loose covers for your dinning chairs? Come join our basic sewing class, where you will be shown how easy it really is!



Basic Techniques: Make a Cushion
Saturday, 21 January 1100 - 1600

Intermediate Techniques: Make a Bag
Saturday, 4 February 1100 - 1600

Class supplies are available at the Arts & Craft Centre.

Paint Effects on Wood

Price: €30

Unsure what to do with that Brocante bargain? We can help! Learn how to restore the original wood finish to its former glory. If it is beyond restoration, we can show you some simple paint effects. All you need is a small piece of wooden furniture and a little courage. This is a multi-session class.



Wednesday, 18 January 1830 - 2030
and

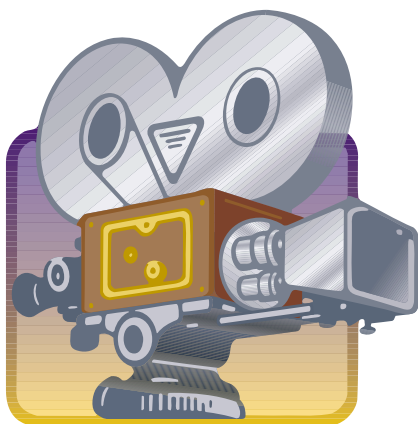
Wednesday, 25 January 1830 - 2030

Class supplies are available at the Arts & Craft Centre.

Film Making

Price: €50

Introduction to film making. Become a pro by learning new technologies and make your own film. Learn how your family movies can become professional movies. Price includes multi-session classes.



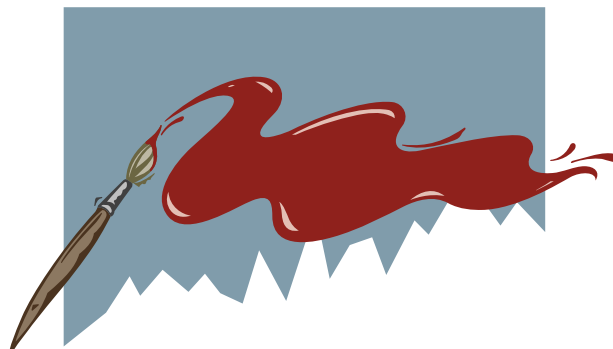
Saturday, 21 January 1300 - 1600
Saturday, 28 January 1300 - 1600
Saturday, 04 February 1300 - 1600

Class supplies are available at the Arts & Craft Centre.

Silk Painting

Price: €30

If you can hold a paintbrush the right way up, you can learn to paint on silk. Armed only with a piece of plain silk, some silk paint, rock salt, and an ordinary household iron you can create a work of art that not only looks good, but that you can wear as well. Forget about buying expensive silk scarves, you can make your own!



Tuesday, 17 January 1800 - 2030
and
Tuesday, 24 January 1800 - 2030

Class supplies are available at the Arts & Craft Centre.

Civ: 065-44-4680 DSN: 423-4680

SHAPE TRIPS & TOURS

Bldg 307, SHAPE
Community Activity Center
DSN 423-3884 CIV 065 44-3884
FAX 065 44-5754
E-mail: st&t@benelux.army.mil
Open M-F, 9 a.m.-4 p.m.
Closed SHAPE Holidays
<http://www.Shapeonline.net>

Brugges

January 14

Brugge is always beautiful; especially in the wintertime. Lucky visitors will never forget the city after they have seen it on a snowy January day. Brugge is a romantic city that went to sleep in the Middle Ages and didn't wake up until the 20th century. All events of modern history have passed it by, leaving behind a perfectly preserved gem that is today one of the loveliest places in Europe. Stroll the cobblestone streets or take a boat ride on the numerous canals that wind their way through the city. If shopping is on your agenda, this is the city to purchase all your lace and chocolates! Whatever your plans, Brugge is sure to please!

Price: €19



Monschau, Germany

January 28

Bundle up and take a stroll through the historical old town of Monschau and see why it's called the "Rothenburg of the Rhineland".... Behold the romantic, half-timbered houses; take in a museum or observe a talented glass-maker at work. Visit the historical Mustard Mill, the Photography Museum or the 13th Century Monschau Castle. Monschau, which grew prosperous during the 17th-century from the cloth industry, is located in the mountainous Eifel area of North Rhineland-Westphalia and features extraordinarily well preserved houses that are centuries old and tucked into this peaceful, hilly landscape. Whatever you decide to do during your day of free time in Monschau, don't miss this chance to enjoy a lovely winter's day and discover why this quaint town looks like a German picture postcard!

Price: €19



London Weekend

January 20-22

One of our most popular trips... A winter weekend in London: what could be better? Massive after-holiday-sales, fabulous sightseeing, West End Theatre, and fine dining! That's not all there is to London. The city will be all yours to explore. Discover museums, parks, pubs, fabulous architecture, Covent Garden, Tower Bridge, Big Ben, Westminster Abbey, Buckingham Palace, and more. We will once again be staying at the 4-star Thistle Tower Hotel, located on the Thames River next to the Tower Bridge. If you need some help planning your weekend, check out the website www.londontown.com where you will find information on things to do in London plus tips on restaurants, museums, markets, and much more.

www.tfl.gov.uk/tfl/ will help with transportation planning in London. Planning ahead will help you make the most of your weekend. Don't miss out, be sure to sign up soon!

Price: €189 pp in double, triple, quad; €249 per single room; €134 per child 5-12*; €79 per child 0-4*.

*Sharing room with two fully paid guests

Discover Amsterdam

18 February 2006

Amsterdam is an incredible European city with a flavor all its own. There is so much to do in this exciting canal city. There are plenty of museums, parks, and canals to explore. After you've enjoyed all that sightseeing, you might want to take some time to shop along the pedestrian zone or get something to eat in one of the many charming sidewalk cafes where you can find good food at reasonable prices. The day is yours to spend as you please!

Price: €25

SHAPE TRIPS & TOURS

Skiing in Austria

February 25- March 3

(Carnival Break)

Come join us on the slopes! Staying in the picturesque town of St. Veit in Pongau, you'll have the opportunity to ski the entire Amada region. Five nights, breakfasts and dinners, transportation to and from the slopes each day, qualified instructors *plus* great skiing! Don't hesitate on this one!!

Price:

€635/person in dbl/triple/quad, €675 single, €630 child 12-15 *, €592 child 5-11*, €312 child 0-4*

*Sharing a room with 2 fully paid guests. Deduct €50 if no skiing instructions.

SnowWorld

4 February 2006

Experience the world's largest indoor winter sports resort! Young or old, beginner or advanced, you'll enjoy this day on the slopes in Landgraaf, in the Netherlands with real snow! This trips includes 2 hours of skiing or snowboarding, equipment rental, insurance, and a full lunch ~ all the ingredients for a fun day!

Price: €52

Amour à Paris

11-12 February 2006

Overnight with Dinner Cruise. Nothing says "LOVE" like a weekend in Paris. Treat yourself and the one you care about to a relaxing day of shopping, sightseeing, and entertainment in one of the most romantic cities in the world. Reunite with your sweetie as you gaze out onto the warm glow of the dazzling river Seine during a candle lit dinner on a glass enclosed river boat. Experience delicious food, delectable desserts, specially selected wines and beverages, and unforgettable musical entertainment. Complete your evening with a starry-eyed walk along the tree-lined streets of Paris and an overnight stay at the Officer's Club which offers picturesque views of some of the most beautiful cathedrals in the city. With every breath you take on this romantic getaway, you will discover why Paris is the "City of Love".

Price: €189 pp twin or double room, €179 pp triple or quad, €262 single.

New to the community?

USAG BENELUX Newcomer's Briefing On January 11 and February 8 get a complete overview of the military community on SHAPE/Chievres. Come to the Hotel Le Maisieres at 8.30 a.m. and find out more about your new neighborhood. The briefing is open to all U.S. ID cardholders. Call CIV 065 44-4332 for more details. All participants are treated to a free lunch, sponsored by United Furniture and Celtic Spring Water.

W.E.B. Office Welcoming Everyone to Belgium is located in the Hotel Le Maisieres, beside the American Lounge and open Monday through Friday from 9 a.m.- Noon. The W.E.B. office is an ACS outreach program connecting community members and providing assistance with services, activities, and information about events in the local area.

Take the Bus Meet outside the Hotel Le Maisieres on Thursday, January 12 and February 9. Explore with ACS and learn how to find your way around in the area using the Belgian bus system. To sign up call CIV 065 44-4332.

Take the Train Find out how you can discover your new area while traveling around using the Belgian train system on Saturday, January 14 or February 11. To sign up, call ACS at CIV 065 44-4332.

Cultural Adaptation Trip Another great opportunity to explore your new surroundings. Get interesting insights about the Belgian culture, eat great waffles, and visit a Belgian vintage store. Call CIV 065 44-5324 to get signed up for the scheduled trips for January 13 and February 10. Group meets at 8:45 a.m. in front of ACS, Bldg 318, SHAPE.

French HEADSTART A free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of NATO/SHAPE/Chievres community. There is no fee and a textbook is provided. Next scheduled classes are January 17-27 from 9 a.m.-noon and February 13-24 from 1 - 4:30 p.m. Call the Education Center at CIV 065 44-3466 to sign-up.

Rendez-Vous with French This free course is designed to teach you some key words and phrases in the French language and to give you tips about local customs. Rendez-Vous with French is not a substitute for a language class, but it can assist you on where to find the best language training in the area. Next classes are on January 17 and February 14 from 9:30 a.m. -noon. To sign up, please call the Welcome Everyone to Belgium (WEB) office at the Hotel Le Maisieres at DSN 366-6252 or ACS at 423-7598.

SHAPE Language Center Provides language training in English, French, and a variety of other languages namely Dutch, German, Greek, Italian, Spanish, Polish, Portuguese, Turkish, and Russian. This is a wonderful opportunity to learn another language. Receive 50% discount on your dependents 1st English or French beginner course if you sign-up within your first six months in the community. The Language Center offers a Spring/Summer, and Fall/Winter class and is located on SHAPE in Bldg 211. Enrollment for new students in the Spring classes is January 30. The Spring session goes from February 6 to June 16. Call CIV 065 44-4971 for additional info and to make appointments.

Job Opportunities Workshop Every Wednesday morning the Army Community Service - ACS Employment Readiness Program (located in Bldg 318, Room 118, SHAPE) offers a workshop to assist family members in their job search and career development. The ACS Employment Readiness Program works closely with the Civilian Personnel Advisory Center (CPAC) to provide a full range of employment-related services from building your resume, to working with Resumix, and giving tips for a smooth job interview. Active duty service members, civilian employees, retirees, surviving spouses, and family members (to include youth) are eligible to use these services. To register, call CIV 065 44-4904.

Lending Locker Call ACS at CIV 065 44-4332 to borrow items while moving. The Lending Locker is open M-F, 9 a.m. -1 p.m, located on SHAPE in Bldg 318 and offers many useful items, including vacuum cleaners, until your household goods arrive.

Don't miss your opportunity to start the New Year off with class!

College registration for University of Maryland and Central Texas College is coming up, 3-13 Jan 06. For advice and more information contact your Education Counselor at the SHAPE Education Center; call DSN 423-3466, or e-mail shape.education@benelux.army.mil.

New to the community?

Available programs in the community open to newcomers that want to learn more about where they live and work:

Brussels Community

USAG Brussels Newcomer's Briefing This three-day workshop ensures a smoother transition for new arrivals and is offered quarterly. On day 1, key agencies will present a brief overview of their programs and answer your questions. On day 2, the NATO Health Clinic patient liaison coordinator will provide a tour of the Leuven Gasthuisberg Hospital and ACS will give you general information about Belgium. On day 3 the Director of the Delhaize in Kraainem will familiarize you with a local grocery store. If you are interested and would like to sign up for the next 3-day Newcomer's Briefing, please call ACS at CIV 02 717-9783. Also available for you at ACS in Brussels: individual Newcomer's Briefing (upon request). Includes a brief overview of key agencies' programs and practical information about Belgian customs and courtesies.

Metro Madness Class Learn how to use the public transportation system in Brussels, then participate in a field trip to put your newly learned knowledge to the test. Next outings are January 25 and February 24, 9:25 a.m.-2:30 p.m. Call ACS at CIV 02 717-9783 to sign-up.

French HEADSTART A free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of U.S./NATO community. There is no fee and a textbook is provided. Please call USAG Brussels Education Center at CIV 02 717-9704 for details and to reserve your space.

Job Information Board If you are looking for a job, the ACS Employment Readiness Program maintains a list of job vacancies in the region. Vacancies are posted on the Job Announcement Board, located next to the ACS Employment Readiness Manager's Office, Room 326 (NSA Bldg. 4, top floor). Application forms and useful handouts are available through the ACS Employment Readiness Program. For more information call CIV 02 717-9783.

Relocation Lending Closet Useful items are available to borrow for those of you relocating and with household goods in transit. The ACS Lending Closet now has microwaves for in/outbound personnel, which can be checked out for up to one month. Please note we operate by appointment only. For details, contact CIV 02 717-9783.

JFC HQ Brunssum/Schinnen Community

Newcomer's Briefing and Newcomer's Orientation Learn about housing, local bill pay system, medical care, and everything there is to know in your new community at the Newcomer's Brief. After the brief go on a tour to explore activities at Schinnen, Treebeek, Brunssum, and at Geilenkirchen Air Base with other newcomers! The orientation includes giving driving tips, best routes, local history, finding things, shopping tips, "getting lost" prevention, historical sites and museums, restaurants, and more... The Newcomer's Briefing is offered every second and last Friday of the month from 9 a.m.-3:30 p.m. For info and to sign up, call CIV 046 443-7512.

Dutch HEADSTART Free language orientation course open to active duty military, family members, and anyone holding a military or NATO ID card (space permitting). Call the Education Center at CIV 046 563-6060/6041 or DSN 364-6060 to sign up.

Finding Employment Workshop Offered every Tuesday from 10 a.m.-noon to help with interviewing and preparing to find a new job. In the afternoon from 2-4 p.m. learn how to create a stunning resume and how to work with Resumix to apply for government jobs with hands on Resume/Resumix workshop. Sign up at CIV 046 443-7269.

Lending/Loan Closet Open Monday through Friday from 8 a.m. - 4:30 p.m. and located at ACS, Bldg 39/43. Kitchen supplies, household items, and various baby supplies are available for community members during relocation. Contact ACS at CIV 046 443-7512.

BERRY VALENTINE PIE

- 1 (9 inch) prepared graham cracker crust
- 1 (16 ounce) package frozen strawberries, thawed and drained
- 3 (7 ounce) cans whipped cream
- 1 (16.5 ounce) can pitted dark sweet cherries
- 1 (15 ounce) can blueberries
- 2 graham crackers, crushed

DIRECTIONS

1. On bottom of pie crust, spread strawberries evenly; cover with whipped cream.
2. Spread cherries on whipped cream and cover cherries with whipped cream layer.
3. Spread blueberries on top of whipped cream and cover with last layer of whipped cream.
4. Sprinkle crumbled crackers on top of pie and place in the refrigerator for 45 minutes; serve.

Civilian Phone Code

When dialing a military telephone number or DSN from a civilian telephone, convert the DSN prefix: Locate the DSN number and correct city such as 361-5904 (Chievres).

The civilian number would be 068 (city code) 27 (civilian prefix) 5904 (last 4 of DSN).

DSN	CITY	CODE	CIV	PREFIX
365	Brussels	02	7079	last 3
368	Brussels	02	7179	last 3
361	Chievres	068	27	last 4
366	SHAPE	065	32	last 4
423	SHAPE	065	44	last 4
360	Schinnen	003146	443	last 4
364	Schinnen	003145	526	last 4

For emergencies call:

Ambulance 112 (Netherlands/Belgium)

Fire 100 (Belgium)

Police 101 (Belgium)

SHAPE 065 44-3333

MP on Base 114 (All Communities)

Poison Control-090-245245

Important Community Phone Numbers

AAFES Brussels	368-9789
AAFES Chievres	361-5100
AAFES Schinnen	360-7586
Rotterdam Annex	362-2359

Armed Forces Network (AFN) 423-4121

AFN Radio Frequencies

Brussels	101.7 FM
Chievres	107.9 FM
SHAPE	104.2 FM, 106.5 FM
Schinnen	89.2 FM

Cinema

JFC HQ Brunssum	0031 455 26-2110
SHAPE	423-5600

Civilian Personnel Office (NAF) 361-5319

Commissary

Chievres	361-5671
Schinnen	360-7513

Computer Help Desk

Brussels	368-9741
Chievres	361-5328
Schinnen	360-7403
SHAPE	423-7251

Equal Employment Opportunity (EEO)

Chievres/SHAPE/Brussels	361-5057
Schinnen	360-7445

Finance Office

JFC HQ Brunssum	364-2829/2839
Brussels	368-9732
SHAPE	423-5211
Dial-a-Rate	423-3601
(SHAPE and Brussels only)	

Healthcare Facility

Geilenkirchen	0049 2451 99-3200
NATO (Brussels)	368-9500
SHAPE	423-5886

Chievres Vet Clinic	361-5435
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MWR Office

Brussels	368-9753
Chievres	361-5246
Schinnen	360-1550
SHAPE	423-4269/4777

Public Affairs Office 361-5419

For non-emergencies call:

American Red Cross

SHAPE DSN	452-9440
CIV	0049 656 561-9440
Geilenkirchen AB	0049 245 163-2068

Military Police

Brussels	368-9769
Chievres	361-5301
Schinnen	360-7555
SHAPE	423-3333/3334

www.afnorth.nato.int

Joint Force Command Brunssum

www.afnorthlibrary.benelux.army.mil

library source

www.nato.int

Northern Atlantic Treaty Organization

www.nato.int/structur/recruit/index.htm

NATO Brussels vacancies

www.afno-is.eu.dodea.edu

AFNorth International School

www.brus-ehs.eu.dodea.edu

Brussels International School

www.usagschinnen.eur.army.mil

provides information on USAG Schinnen

www.shap-hs.eu.dodea.edu

SHAPE International High School

www.shap-es.eu.dodea.edu

SHAPE International Elementary School

www.usagbenelux.eur.army.mil

provides information concerning the USAG BENELUX

www.shapeonline.net

provides MWR information for programs and services available on SHAPE and open to the international community.

www.usagbrussels.eur.army.mil

provides community event information for the Brussels community.

www.afneurope.net/SHAPE

provides Armed Forces Network Europe information including news and special events information.

www.army.mil

links to Army Knowledge On-line

www.tricare.osd.mil

links to US DoD Health Care System

<https://mypay.dfas.mil/mypay.aspx>

manage pay information, leave and earning statements, and more

www.cpol.army.mil

provides information on General Schedule and Non-appropriated jobs in the BENELUX

www.nato.int/shape/community/civpers/office.htm

provides information on SHAPE NATO available jobs.

ice.disa.mil

provides access to interactive customer evaluation (ICE)

Other Community Information Sources

MWR Europe - Connection Magazine

SHAPE MWR - Community Life Magazine

USAG BENELUX PAO - Meteor-Heraut

JFC HQ Brunssum - Northern Star

USAG Brussels - The Brussels Weekly - a U.S. Tri-Missions newsletter.

Travel Information

For online links to European travel sources to include SATO Travel Europe, Armed Forces Vacation Clubs, train and bus schedules, visit website:

<http://www.usagbenelux.eur.army.mil>

Happy Trails!



Looking For Extra Auto Safety?



TOURING SECOURS

Sign-up for yearly coverage or find out more details by calling CIV: +0032 02/505.66.00

Or e-mail: info.services@tatv.be

Plan ahead before taking that long European road trip.

Please recycle this magazine after reading.



Absolutely Delicious!



(6oz) Burgers & More

Hotdog	\$1.25
Hotdog with Sauerkraut	\$1.75
Hamburger	\$4.00
Bacon Burger	\$5.00
Cheese Burger	\$4.25
Bacon Cheese Burger	\$5.25
Double Burger	\$6.00
Double Cheese Burger	\$6.50

Combo Specials

Includes Fries & Drink

Turkey Club	\$5.75
Ham Club	\$5.50
Philly Cheese Steak	\$6.00
Hamburger	\$5.75
Cheese Burger	\$6.00
Double Burger	\$7.50
Double Cheeseburger	\$7.75

Pin Point Sandwiches

Grilled Cheese	\$1.50
Grilled Ham & Cheese	\$2.00
BLT	\$2.50
Turkey/Bacon Club	\$4.25
Ham/Bacon Club	\$4.00

Bird Basket

Includes Fries & Drink

4 Piece Chicken Dinner	\$6.25
Whole Wings - Small (3)	\$4.50
Whole Wings - Regular (6)	\$6.75
Whole Wings - Large (10)	\$9.75

Wed, Thur, Fri - 11 a.m. to 8 p.m.
Sat - 11 a.m. to 6 p.m.

Shrimp Basket *With Fries & Drink*

\$6.50

Kid's Menu

Includes Fries & Sunny-D

Pin-in-a-Bun (hotdog)	\$2.50
Chicken Nuggets (4)	\$2.75
Hamburger	\$3.50

Extras

Lettuce, Tomato, Onions, Pickles or Cheese	\$.25 each
Bacon or Ham	\$1.25

Drinks

Soft Drinks	\$1.00
Bottled Water	\$1.00
Iced Tea	\$1.00
Orange Juice	\$1.50
Sunny-D	\$.50

Sides

Chips	\$.75
French Fries	\$1.50
Salad	\$5.75

In a hurry?

Phone in
your order for pick-up at

DSN 360-7527 / Civ 046-443-7527

Super Bowl Sunday!



Prime Time Lounge

Sunday, 5 February 2006

Plenty of food, fun, and prizes. Play Super Bowl trivia! Finger foods and sandwiches. Bar opens at 9 p.m. Large Screen TV viewing. Breakfast will be served.

Join all your friends at The Prime Time Lounge for Super Bowl XL

